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## PREFACE.

Many of my friends have often urged me to publish my experiences and reminiscences in the field of Hypnotism. In answer to this demand I herewith present this work to the public.

On account of the justified curiosity and great interest aroused by these still mysterious phenomena, I believe that this book will be of service to all interested in Hypnotism. The burning questions of Hypnotism and its related phenomena, with all their mysticism and perplexity of character, are exciting much attention and calling for explanations among enlightened and thinking men and women the world over.

I have done my best to explain, in as clear and significant a manner as I can, everything connected with the phenomena mentioned.

Furthermore, I have, to the best of my ability, endeavored to show the relation of Hypnotism to society—its significance morally and legally; its importance as a factor in medical science—as a new and effective method of cure. I hope sincerely to have met with some degree of success. If the reader finds matter not only for ephemeral interest, but also explanations of hitherto more or less unexplained questions, in the so-called occult realm, that will in the future direct his attention more carefully to this subject, my ambition is attained.

Little reference is made to all the tedious and tiresome, and, for most people, well-known facts about Mesmer and his difficulties with the authorities in Vienna, and the report of the Royal French Investigation Committee about Mesmer and Dr. D'Eston. I have named the so called Mesmerism and Hypnotism "Puységurian Somnambulism," after the French Marquis M. de Puységur, because all my inquiries have shown that he was the real discoverer of artificial somnambulism; and we owe to the untiring exertions, the assiduous labors and the published works of this noble Frenchman, the fact that Hypnotism

## PREFACE.

lay is known and appreciated. I have included everything that seemed to be of interest to the science. I have also added some opinions on this subject from celebrated European and American artists, editors, etc.

That the contents of this book may the more easily be understood, we have secured a series of originally-designed illustrations, which bring to the eye, in realistic form, many interesting operations and the results.

I take this occasion to acknowledge my great obligations to Axel Björn, the talented artist who has designed and drawn nearly all the superior engravings which so faithfully illustrate my theme and so greatly beautify my book.

CARL SEXTUS.

Chicago, 1893.

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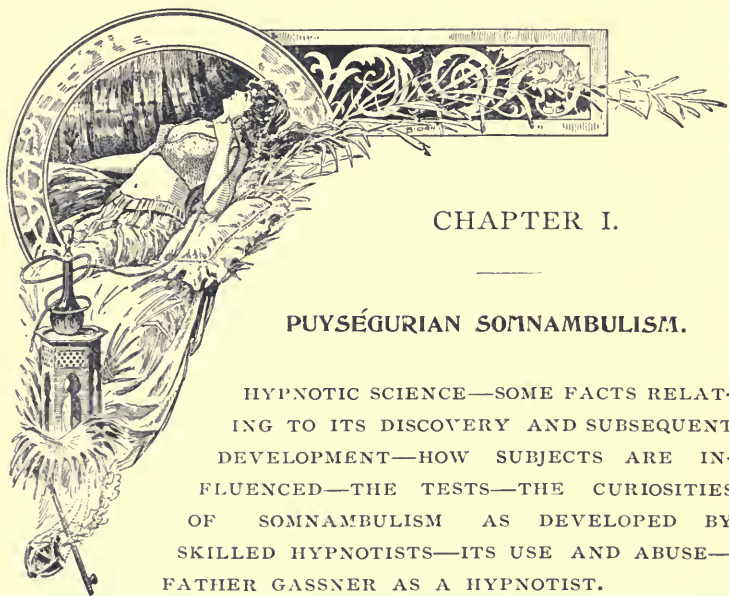
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## CHAPTER I.

### PUYSÉGURIAN SOMNAMBULISM.

HYPNOTIC SCIENCE—SOME FACTS RELATING TO ITS DISCOVERY AND SUBSEQUENT DEVELOPMENT—HOW SUBJECTS ARE INFLUENCED—THE TESTS—THE CURIOSITIES OF SOMNAMBULISM AS DEVELOPED BY SKILLED HYPNOTISTS—ITS USE AND ABUSE—FATHER GASSNER AS A HYPNOTIST.

"There are more things in heaven and earth, Horatio,  
Than are dreamt of in our philosophy."

p. 85

It is to one of Mesmer's disciples, the French Marquis Armond Jacques Marc Chastend de Puységur, that the discovery of animal magnetism, or artificial somnambulism, properly belongs; and it ought, therefore, to bear the name of Puységurian Somnambulism. In May, 1784, M. de Puységur, living in retirement on his estates at Buzancy, near Soissons, employed his leisure in magnetizing peasants, after the manner of his master, and on one occasion he chanced to observe the production of an entirely new phenomenon. A young peasant named Victor, 23 years of age, who had been suffering four days from inflammation of the lungs, was magnetized into a peaceful sleep, unaccompanied by convulsions or other suffering. While in that condition he spoke aloud, and his mind was busied about his private affairs. It was easy to change the direction of his



thoughts, and to inspire him with cheerful sentiments—when he became happy, and imagined that he was engaged in rifle practice, or that he was dancing at a village fête.

In his normal condition he was simple and foolish, but during the crisis his intelligence was remarkable; there was no need of speaking to him to enable him to understand and reply to the thoughts of those present. He himself indicated the treatment necessary for his illness; and he was soon cured.

This is a brief account of Peasant Victor's case. The news of his recovery was rapidly spread abroad, and from all sides there came a large number of sick people demanding relief.

The phenomenon was repeated, to the physician's delight, and he wrote: "My head is turned with joy, now that I see what good I am doing."

Dr. Frederick Anton Mesmer of Switzerland, who, in Paris, performed a number of cures, and caused an immense sensation, nevertheless performed his cures in such an extreme manner that they frequently resulted in causing a hysterical condition. The state into which his patients were brought was different from the placid, pleasant, refreshing somnambulistic state that Puységur produced on his patients; and their method of procedure were also very different.

Mesmer did all in his power to produce an ecstatic condition or crisis, for through that he was able to cure; while Puységur after having by his manipulations discovered somnambulism, did all in his power to avoid a crisis.

It is possible that Mesmer also was acquainted with the state Puységur produced, but it is a fact that Mesmer never employed it in his practice; and he never informed anyone of his knowledge thereof.

Puységur was the first who brought this discovery before the great public. He also taught several of his disciples the same method; consequently, in justice to Puységur, he should be credited with the discovery of Puysegurian Somnambulism.

At the time that attention was being called to Mesmer and Puységur there appeared in Southern Germany Father Gassner, a Jesuit priest, who effected some wonderful cures. His method consisted of the patient being ushered into a semi-dark room, and then, from a portiere, Father Gassner emerged with outstretched hands, carrying the crucifix held aloft. Directing his gaze sharply on the patient, he exclaimed in thundering tones in Latin:



ANTON MESMER.

*"Detur mihi evidens signum præstigiæ præternaturalis, præcipio hoc in nomine Jesu!"*—If the individual was at all susceptible he would fall into the crisis or unconscious state.

At a seance given by Father Gassner he treated a young woman, and by means of his strong voice, his commanding tones pronouncing his string of Latin words, his penetrating look and his raised crucifix, he put her in a complete condition *a la* Mesmer. His proper experiments now commenced. He cried out, *"Agitetur brachium sinistrum!"* As he commanded, her left

arm commenced to move, at first slower, then faster. The father cried out, "*cesset!*" and the arm suddenly become still. "*Agitetur caput!*"—The woman flung her head to both sides. Then the father raised the crucifix again. The consequence of this was that she made the most terrible grimaces, and she jumped around in the room as one possessed. Suddenly the father pronounced "*cesset!*" and she became still again. Father Gassner commanded her to speak Latin. She answered: "*Non possum*" (I can't). He commanded that her pulse shall beat very slow. Hofmedicus Bottinger from Mergenthal, examined the pulse, and he declared that it was beating very slowly. Father Gassner commanded the pulse to beat very quickly, and certainly it was increased to fifty beats in the minute more than normal (normal beating is about eighty). After that the father commanded her to be very quiet, feel well, not to speak, not to move the muscles of the face, and also to lie down on the floor to die, slowly, little by little, but only for a short time, when he would call her back to life. Her pulse beat slower and slower, until it could no longer be felt. After a short time of this procedure, as commanded, she appeared dead. Everyone present pressed around her to examine her pulse. "She is entirely dead," one of them cried out. "Look at the death sweat," said another. "The pulse no longer beats," said Hofmedicus Bottinger. After a few minutes Father Gassner cried out with a voice of thunder, "But now I command you in the Lord's name to return to life." A new examination by Hofmedicus Bottinger showed that the pulse had commenced to beat. Her features were relaxing. She commenced to move, and at last raising herself with a glad and delighted face, she declared that she felt herself released from all those pains she had before the treatment, and that she now felt herself entirely well. As we will see Father Gassner was a cunning hypnotist. He knew how to capture the public with his miracles. The good people he treated did not know that it was but simple hypnotism. It was

very natural that the young girl and several others he treated should understand his Latin, as she had been educated in the cloister. Occasionally he spoke German (the priest was Ger-



FATHER GASSNER AS A HYPNOTIST.

man). Gassner was a very wise man, much ahead of his time, and he took advantage of it. Among the many powerful men,

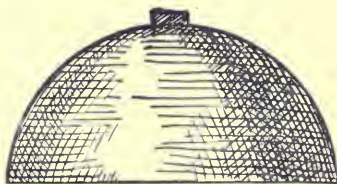
who signed the narrative of this seance, I will especially mention Carl Albrecht, Prince of Hohenlohe-Waldenburg; Ludvig Eugene, Duke of Wurtemberg; and Ludvig Joseph, Bishop of Freisingen.

#### DIFFERENT METHODS OF HYPNOTIZING.

If I wish to hypnotize a class, or to try a larger number, I use a zinc button with a copper wire through the centre, which I request the individual to hold in his closed right hand, resting the hand on the right knee. In the left hand, which he holds open, I place a small crystal, set in horn, that is polished to a shining black, the left arm and hand resting partly on the chest.



POLISHED HORN WITH GLASS  
PRISM IN THE CENTER.



ZINC BUTTON WITH A COP-  
PER WIRE THROUGH THE  
CENTER.

The subject is requested to gaze continually and intently on the crystal prism, and not to undertake any motions whatever, keeping the same position in which I place him, and to fix his whole attention on sleep. After a lapse of seven or eight minutes I commence to make my passes over the subject; at the end of two or three manipulations I command him to close his eyes; I perform one or two passes more, from the head downward to the knee; placing my left hand on his forehead, then press a cer-



tain place with my thumb, at the same time pressing with my right hand the subject's right thumb.

Another and very effective method, one I often employ when I hypnotize one person—singly, is to let the subject gaze fixedly at a lighted candle for about three minutes, held at such a height that it requires considerable effort on the part of the subject to look at it. The subject must not wink the eyelids any more than is absolutely necessary, and must draw the breath



A PRACTICAL MODERN METHOD.

deep and in a measured time. The subject is told before commencing to hold the mouth open about one inch, with the tongue curved, the tip resting parallel with the lower teeth. At the end of about three minutes I raise the left hand over the back part of the subject's head, and with my fingers spread apart, make two or three passes downward along the spinal nerves, after

which I command the subject to close the eyes. I then perform one or two more manipulations until full sleep is secured.

My third method is the fascinating method, which consists principally in making the subject press his hands strongly on mine. Suddenly I push him backward and quickly glance into his eyes. Surprised he recoils, and immediately the impression of his eyes indicates to me his degree of susceptibility. The subject understands by the sternness of the hypnotist's eyes on



THE NEW FASCINATING METHOD.

his that his eyes must remain attached to the operator's, and follow them everywhere. He thinks himself drawn toward him; it is a psychical suggestive fascination, and in no wise physical.

There is also the Donato method. The subject is asked to kneel before the operator, and to look steadily into his eyes.



Standing before him the operator places his hand on the subject's forehead, and inclines his head slightly backward. As soon as he tries to straighten forward he directs at the subject's eyes an imperative glance which, if he is susceptible to his influence, hypnotizes him.

If sensitive persons are experimented with they can also be brought into the hypnotic state by having them occupy a comfortable position, closing the eyes, and keeping the right hand



THE OLD FASCINATING METHOD. THE PUYSEGURIAN METHOD.

closed tightly around their own left wrists. Then perform manipulations from the head downward to the feet, for about ten to fifteen minutes.

These are the visible agencies by which the operator produces hypnotism; and it may seem very easy; but often it is

very difficult to produce hypnosis if the conditions are unfavorable.

It follows, as a matter of course, that the one who wishes to be hypnotized must give himself up completely to the operator, and consequently follow the operator's instructions, and not endeavor to work against sleep when it commences to make its appearance.

*Everybody can not be a hypnotist.* To be one requires a strong and sound constitution, a determined will, and a large practice to learn to concentrate that will.

There are, of course, a number of people who possess considerable power in that line if they had it developed properly; and many would only waste their time by devoting themselves exclusively to hypnotism; because if one does not possess special ability in that direction it will avail but little to attempt it. A person can not make an excellent musician, singer or author by practice simply; he must necessarily have some talent as a foundation upon which to build.

During a hypnotizing it is necessary to have perfect silence in the room where the seance is held; the temperature must be moderate and normal; and under no circumstances should there be any draft or tobacco odor.

#### THE DIFFERENT DEGREES OF HYPNOTISM.

The first degree of hypnotism is somnolence, recognizable by a feeling of numbness in the body, and light, stupefying symptoms in the head.

The second degree is light sleep. Persons in this state of hypnose still hear everything that is said in their presence, and have not altogether lost the sense of feeling.

The third degree is deep sleep. The subject on being awakened remembers what has been suggested to him and performed by him during the sleep.

The fourth degree is very deep sleep. The subject's own individuality is completely isolated. He is only *en rapport* with

the hypnotist. The fifth degree is catalepsy. In this state the hypnotist produces catalepsy in one certain muscle, or certain part of the body where he desires catalepsy or lameness to appear.

The sixth degree is somnambulism. This condition presents, besides the former degrees of phenomena strengthened, also a number of varied symptoms. In this state clairvoyance is often developed.

It is needless to remark that it requires an expert to be able immediately to discern the different conditions, and by his knowledge of the science to understand how to bring the subject easily from one state to the other. This knowledge is especially beneficial to the hypnotist or physician who intends to employ hypnotism in the curing of disease. There it depends largely on producing the conditions best adapted to the patient's complaint, and in knowing the moment most opportune to give suggestions, which are used in the majority of cases.

Regarding the susceptibility of hypnotic influence, it is very interesting to note the great differences in the percentage of nationalities. The first on the list to be mentioned are the French, with about fifty per cent.; next come the English and Scandinavians with about forty per cent.; Germans about twenty-five per cent.; while of the Dutch there are only fifteen per cent. A very susceptible nation, although far up north, are the inhabitants of the Hundred Islands. I have found that about forty per cent. of the Finlanders can be influenced. The conditions of the climate, the mode of living and degree of civilization certainly play a prominent part. The Latin races are more easily influenced than the Teutonic races. The South Americans are more susceptible than the North Americans. In the eastern countries, especially in the East Indies, the susceptibility is larger than in any other country on the earth; in fact the people there are all susceptible to hypnotic influence. This we must attribute partly to their tender, dreaming disposition, and partly

to their climate and their entire mode of living, as well as to their education.

The fakirs of India have great dexterity in hypnotizing ; but then it is an art which they have practiced and cultivated for several thousand years, while we have advanced in practical knowledge and invented railroads, steamers, telegraphs and telephones.

While the inhabitants of the East Indies never waste a thought on such matters as accumulating money, they cultivate their occult sciences and never think of to-morrow. They entertain positive scorn for all earthly goods.

#### THE HINDOO SCIENCE.

To be sure we do not possess the two thousand years' experience which the Hindoos have. The peculiar rules and doctrines of the hypnotizers, the Yogis, are laid down in several holy books, especially in the old Sanscrit work, the "Yoga Satra." However, there have been a few Europeans who possessed singular talent in that direction, and during several years stay and association with these learned men of India, they became initiated into all the mysteries of those who were there the cause of creating wonder and astonishment throughout the modern world of Europe, such as, for example, the Count de Saint Germain.

#### HOW TO HYPNOTIZE ANIMALS.

That the majority of animals can be hypnotized is something a number of people have only a very limited knowledge of, although it is easily done, and also of great interest to all who think seriously on such matters—especially for scientists. I have experimented with quite a number of the larger animals, such as horses and dogs, and always had complete success. Some animals can easily be brought into the hypnotic state. This has long been known. The bringing of animals into the hypnotic condition is easily accomplished, because the methods are very practical; we can almost call them mechanical. They immediately produce their effect; it is not neces-

sary to follow all the rules such as for hypnotizing people. So far as some of the animals are concerned, it evidently plays a prominent part that they have a great respect for us, who at all events to a certain extent are the animals' god. As early as 1646, Father Athanasius Kircher relates in a book entitled "*Ars Magna Lucis et Umbræ*," that if a cock with his legs tied together be placed before a line made upon the floor with

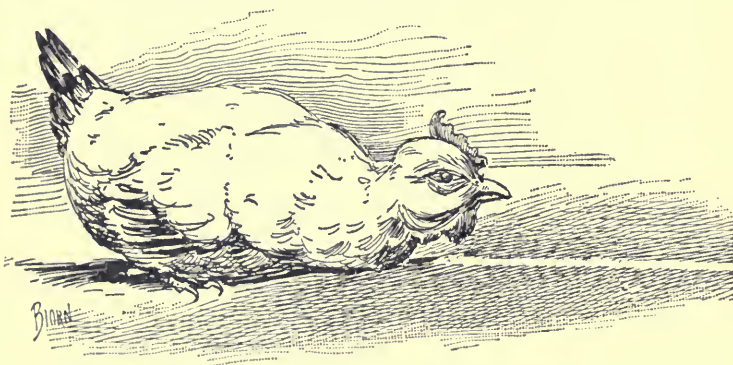


HYPNOTIZED LOBSTER—CATALEPTIC STATE.

white chalk, he becomes at the end of a few moments perfectly motionless; if the string be untied and he is excited, he does not issue from the cataleptic state. This experiment may be of still earlier date, since it has been ascribed to Daniel Schreuter (1636). However this may be, in many countries the hypnotization of poultry became a source of popular amusement.

In 1872, Czermak carefully repeated these experiments; he hypnotized a cock without making use of the chalk line, keeping the animal immovable. He extended the experiments to other animals, to sparrows, pigeons, rabbits, salamanders and crabs.

Preyer, of the University of Jena (Germany,) whose treatise on the subject is the most complete that we possess, ascribed most of the phenomena observed under the conditions to fear. For instance, if a lizard's tail or a frog's foot is suddenly pinched, the animal becomes paralyzed, sometimes for several minutes, and is incapable of moving its limbs. Gentle and protracted excitement is needed to effect hypnosis of animals.



HYPNOTIZED HEN—LETHARGIC STATE.

If the nostrils of a guinea pig are kept for some time slightly compressed with a pair of pincers, the animal becomes hypnotic, and is thrown into such a stupor that it can be placed in the most ridiculous position without being awakened. This arbitrary distinction between catalepsy and hypnotism has not been generally accepted. We need only note that many animals can be hypnotized either by a brief or strong excitement of the skin, or by a repeated and fainter action of the same kind. The experiments on the frog are interesting and easy to reproduce. Henkel has shown that if a lively frog is



lightly held between the fingers, with the thumb on the belly and the four fingers on the back, the animal becomes perfectly motionless at the end of two or three minutes; it may be stretched upon its back or placed in all sorts of positions without making any attempts at defense or escape.

The same paralytic state may be produced by gently scratching the frog's back. If a pigeon is placed on its left side and held in that position a couple of minutes, it will then remain motionless until released from the position in which it was placed.



HYPNOTIZED HEN—CATALEPTIC STATE.

Another curious practice is: When a hen has laid a number of eggs in a nest of her own selection and has begun to sit and there is any reason for transferring her to any other nest, the hen's head is put under her wing and she is swung to and fro until she is put to sleep. This is soon done; and she is then placed in the nest designed for her; when she awakes she has no recollection of her own nest and readily adopts the strange eggs. By means of this process hens may sometimes be made to sit which have previously shown a disinclination to do so. This modification of instinct by suggestion seems to show that





HUNTER HYPNOTIZING (CHARMING) A SNAKE.

the educational use of suggestion is not so absurd as some authors assert it to be. Some species of snakes are put in a cataleptic state by a suddenly light touch of a stick or by light pressure between the fingers on the neck. The interesting experiment the author has performed when a school-boy. This cataleptic condition will cease by blowing on the neck of the snake. (The reader will remember the same method of blowing is used in relieving a hypnotic person of the cataleptic state.)

The snake represented in the illustration is not venomous, and is found generally in northern Europe. In the Scandinavian countries it is called "steel-snake," on account of getting into this peculiar condition. If hit too hard it will go to pieces like glass.

That a number of people can be hypnotized at the same time you will see by the following instantaneous photograph representing a tea-party, where the ladies are brought from the somnambulistic into the cataleptic state by a word, or by a motion of my hands. They remain as motionless as statues in the position they were when I induced catalepsy. The subjects retain the same position until by an exclamation or motion I release them. In the above condition subjects are always found to be unconscious and so completely under control that a lighted candle can be held very close to the open eye without any winking of the eyelids or contraction whatever of the pupils of the eye, which in a normal condition would occur immediately. I will here remark that to produce phenomena of a similar nature on several persons at the same time and without any wavering on the part of the hypnotist it is necessary on several previous occasions to have tested and thereby ascertained the subject's susceptibility to hypnotic influence, also that the operator can, during the hypnosis, bring the subject from one state into the other where the deeper degrees of sleep are produced.

## SIGN OF THE HYPNOTIC STATE.

The most usual sign of this state is as follows: The eye-balls generally turn slightly upward, the breathing has a labor-



A HYPNOTIC TEA PARTY.

ous sound, the hands and forehead being a little cold, otherwise nothing abnormal. Usually the temperature rises, and

the pulse accelerates about 10 beats per minute. The phenomenon is interesting; in fact, it is remarkable.

Let us bear in mind the famous scene in *Macbeth*:

DOCTOR: You see, her eyes are open.

GENTLEMEN: Ay, but their sense is shut.

As we know it was toward the end of the last century that Mesmer discovered the germs of a science which is still in embryo, but which had already been perceived by Maxwell in 1673, by Paracelsus in the sixteenth century, and by Van Helmont in 1630. [Anton Mesmer was by nature a very liberal man, and cured numerous poor people gratis, although by his colleagues he was often unjustly criticised.] Count de Saint Germain was in 1769 appointed French Minister and Ambassador to Copenhagen, Denmark. Reports about this peculiar individual said that he was not only a clever diplomat, but also possessed a power to fascinate people, could heal diseased parts by the touch of his hand, and at times was capable of placing himself in a clairvoyant state.

#### THE ADVANCE OF THE SCIENCE.

But in spite of the efforts of the pioneers in favor of hypnotism, as well as Mesmer's and Puysegur's persevering efforts later on to bring hypnotism to its proper use, hypnotism seemed to have been partly forgotten, when the French physicians, Du Patet in 1821, and De Foissac in 1825, brought the subject up again, by employing hypnotism largely in their practice. Then hypnotism again dropped into oblivion for a number of years.

The next one to call attention to it was Dr. James Braid, a surgeon of Manchester, England. After incredulously witnessing experiments, 1841, by La Fontaine, a French traveling hypnotist, he became interested in the science, and later on employed hypnotism in all cases possible.

Following his example, came Dr. Esdaile, Presidency Surgeon of Bengal, at Calcutta, who employed hypnotism in

nearly all his operations upon the natives for six years, ending 1851. He performed no less than 256 operations, some of them being very dangerous.

Mr. Carl Hansen, the well-known Danish hypnotist, was born in Odense, Denmark, in 1833. As a boy he magnetized others, an ability which he inherited from his mother. When a youth of sixteen years he went to Copenhagen, where he continued his experiments. He relates that he often succeeded in transferring his own thoughts and ideas to the subject while he was in normal sleep; so that he dreamt exactly the same that Hansen was thinking of. In 1853 Hansen went to Australia and thence to Mauritius and the Capeland, Africa. Originally he was a business man; but he sometimes experimented both in public and in private; and in the above named places he founded societies for hypnotism. In 1863 he returned to Denmark, and gave public seances—first in Copenhagen, and later on in Sweden, Holland, France, Belgium and Russia. Finally he went to Germany, and though he met with opposition in many places, he at last succeeded in convincing many scientists, psychologists and physicians, Thiers and Zöllner in Leipzig, Mathieson in Rostock, Weiggert, Freckner etc., that he was no pretender. In Greifswalde he engaged a hall in which he was going to give his lecture and seance. There was a crowd of students who crowded the hall, and when Hansen commenced his seance with some introductory remarks about hypnotism, they greeted him with laughter and scornful shouts. He then said that he always preferred to show his experiments in university towns, because in those places he could reckon upon a good reception from the students, as they, for the sake of science, listened with careful interest. “But after this reception,” he added ironically, “I have reason to suppose that the semesters are closed, and only a few students are present here to-night.” Those words caused, of course, the greatest exasperation. They undertook to drive him away; but he



*From a Painting.*





induced a couple of those who made the most noise to come upon the platform and submit to his method of inducing the hypnotic condition. A tall fat fellow, who had been the worst of them, was soon brought under Hansen's influence; and he made him in return pass through the whole series of the well known experiments, such as eating potatoes as apples, dance a polka, dandle a bundle of clothes as if it were a little baby, and finally to beg pardon for his foolish behavior. I regard it unnecessary to state that the humor of the audience turned to the advantage of the magnetist.

Mr. Hansen, my countryman, is not only a skillful magnetizer, but he is, at the same time, an amiable gentleman. I have several times during my travels had the pleasure of meeting this distinguished colleague in the field of hypnotism; and I have then had opportunity to enter with him upon many an interesting conversation from which I have derived much interesting and valuable knowledge.

The well known English physician, Hack Tuke, studied with great interest Carl Hansen's experiments, and described them in his book about "Natural and Artificial Somnambulism."

Hypnotism received an effectual advance when the prominent Parisian, Dr. Charcot, after Hansen's seances in 1869, in Paris began his investigations that later on proved to be so satisfactory, that he employed hypnotism at his hospital, La Salpêtrière, where he performed cures by the thousand. As especially deserving mention, I name Professor Liebault, professor of physiology; Ch. Richet, Professor Bernheim, Beaunes, Delboeuf, Berjon, Facachan, Mabille, Liégeois, Forel, Bremaund, Chas. Féré, Alfred Binet. In America, Wm. B. Fahnestock, M. D., and the celebrated New York physician, Hammond, and John Bovee Dods, who, in 1850, gave a series of lectures on Hypnotism in the House of Representatives, Washington, D. C. The works of Charles Richet, 1875, also Charcot, 1878, Paris, France, regarding hypnotism, were

the cause of considerable interest throughout the whole scientific world.

We are now justified in saying that hypnotism is established and not to be abandoned as long as science exists.

The German physicians, R. Hajdenhain in 1880, Gruntzen and Bergen in 1881, were awakened to the value and interest of hypnotism by Carl Hansen's seances in Leipsic, Breslau, Berlin, and other cities.

The reason why hypnotism has become properly recognized within the last twenty years, is that several scientists have adopted the science with great alacrity. Those few who in olden time practiced hypnotism were unjustly criticised and ridiculed, even to the extent of being completely shunned by some of their colleagues.

Now, I am happy to say in that regard, times have changed for the better. It is no longer a crime to heal by hypnotism. But it also requires a great deal of earnest study, energy, and a fair amount of natural qualification.

A fact that is not generally known is that not everybody possesses the gift to become a competent hypnotist, although at the present time, having the knowledge of the science through popular works and close study of the phenomena by practical hypnotists, including some hospitals in Europe, the physicians have numerous opportunities to ascertain the secrets of hypnotism. In practical, skeptical America, the physicians have now commenced to evince more interest in this science. It has pleased me to note reports in scientific journals in regard to remarkable cures performed through hypnotism.

I can readily comprehend how many of the conservative doctors do not follow the progress this science has made with very pleasant feelings. It is always unpleasant for certain people to recognize what they cannot perform themselves, and as before mentioned, not every one can become a hypnotist, be he an M. D. or not, if he is without the necessary natural qualifications.

Such conditions have made it very difficult to introduce hypnotism, although during my four year's stay here in America I have personally had the satisfaction of curing a large number of sufferers through hypnotism, and when the patients had been unable to derive any benefit from medical aid.

#### TREATMENT OF DISEASES.

The diseases for the treatment of which hypnotism is especially adapted are neuralgia, insomnia, sick headache, morphine, alcohol and opium habit, etc.

To the sensation my cures have caused in Northern Europe, the local medical journals can testify. While in Europe I was called on to treat a member of the royal family, and cured the patient successfully of a very disagreeable nervous disease, in which case medicine was proven to have no effect.

I had also the satisfaction of being the means of introducing hypnotism in Sweden, 1883-84, where Chief Royal Librarian C. F. Klemming, Professor Anton Nystrom, M. D., and others were the first to study and adopt my method. In Norway, 1885, I also aroused the interest of physicians.

In my native country, Denmark, in 1886-87-88, my seances also inspired enthusiasm for the art, and I taught some very prominent physicians there — among them George Lutkin, M. D., Viggo Bendz, M. D., and Herman Schwartz, M. D. Hypnotism is there, as in France, employed extensively.

During the last thirteen years, devoted entirely to the science of hypnotism, I have succeeded in curing thousands of cases.

The great danger with which hypnotism is believed to be attended or followed is ridiculously exaggerated, and the reason is, I think, that many of those who have written on this subject have had very little practical knowledge of it.

There is no danger whatever in hypnotism when the hypnotist makes it a positive rule never to hypnotize anybody unless friends or relatives of the subject are present as witnesses, in a

position to control what occurs and note the suggestions given to the subject.

I will here state to all those timid individuals that hypnotic conditions cannot be used as a mask by the hypnotist to commit crimes against humanity, as people usually believe. Because it is a fact that even if the subjects are in the deepest degree of sleep, they cannot be compelled to do anything immoral or criminal—if the subject is an honest and upright person. The above has been proven by numerous experiments, and the subjects who are hypnotized positively refuse to obey where it is against their own morals and character.

They will even awaken if anything very disagreeable is suggested.

Another very effectual rule can be followed to the satisfaction of those hypnotized, namely, to limit the hypnotist's power. Let him give the subject a suggestion during the hypnotic sleep. "You shall never be placed under my control without being perfectly willing, as in case of sickness should you desire it; otherwise it will be impossible for me or any other hypnotist to hypnotize you."

After such suggestions it is an absolute impossibility to hypnotize the person, even by employing the most effectual methods, without his or her perfect willingness to be influenced.

In conclusion, remember what Colton Lacon says: *The greatest friend to truth is time, her greatest enemy is prejudice, and her constant companion is humility.*





## CHAPTER II.

### HYPNOTISM AS A REMEDY.

ITS DEVELOPMENT AS A SCIENCE—CURES CLAIMED TO BE  
EFFECTED WHERE ORDINARY MEDICAL SKILL WAS  
IMPOTENT—CURIOUS LIMITATIONS OF THE  
OPERATOR'S POWER—OPINIONS OF  
SPECIALISTS—PATER FARIA  
AS A HYPNOTIST.

Hypnotism (from the Greek word *hypnos*, sleep) is the science of the sleep-like state which is manifested by various phenomena, and is produced by a special influence on the nervous system exerted by another, and also, though more rarely, by spontaneous action.

To put anyone into such a state is to hypnotize that one. The sleeper is hypnotized, is in hypnosis, is in the hypnotic state.

It was James Braid, M. D., the celebrated Manchester surgeon and eye specialist, who named the science. During his investigations in mesmerism he succeeded in accomplishing a number of phenomena similar to those until then called mesmerism, after Frederik Anton Mesmer, but which Braid called by the new name of hypnotism. He commenced his investigations in November, 1841, but did not publish the results until 1843.

Following came Dr. Azam, teacher at the school of medicine in Bordeaux, France, who published a work on hypnotism in 1860. Dr. Azam had his results witnessed by two of his



friends, Broca and Verneuil, who were members of the scientific faculty in Paris, and who later on achieved great fame. Singular as it may seem, it was by means of this new name that the science gained a new entrance into France, hypnotism's original home. In June, 1859, Dr. Azam was called to attend a young lady who was supposed to have attacks of insanity, and who displayed peculiar symptoms of spontaneous catalepsy, anasthesia and hyperesthesia. He exhibited the patient to several physicians. One of them, Dr. Baving, said that he, in an article about sleep, had read that the English surgeon, Braid, had discovered a remedy by which he could produce symptoms that were analogous to those noticed in the hysterical young lady. Azam procured Braid's *Neurypnology*, and commenced a number of experiments that placed him in a position to duplicate the results accomplished by Braid.

It must be remarked here that fortune especially favored him, for his subject proved to be of an unusually susceptible temperament. He succeeded in curing her according to Braid's method, and this encouraged him to further experiments in that direction.

Between 1843 and 1878 there was published, besides Braid's and Azam's memoirs, a number of excellent works, of which I will especially mention Phillip's, De Marquais', Geraud-Teulon's, Charpignon's and Liebault's.

#### INVARIABLY FORGET WHEN THEY AWAKE.

The French hypnotist remarks properly: "The different qualifications that I have ascribed to somnambulism are very seldom found united in one individual; only the last (loss of recollection on awaking) is a constant and particular evidence of somnambulism."

There are also somnambulists whose eyes are open, who hear very well, and who are in rapport with all the surroundings; but we must remember they are only in the second or third

degree of hypnotism (and we know there are six degrees). There are others in whom only one of the senses are strengthened, and who only receive disturbed sense impressions, and last, there are those who only speak or express themselves with the utmost difficulty. But so far we have not been able to find one instance where the somnambulist has been able in a waking condition to recollect anything regarding his experiences in the somnambulistic state.

The above distinction is of more than ordinary importance, as



CATALEPSY IN EYELIDS AND HANDS—CANNOT CLOSE THE  
EYELIDS AND CANNOT OPEN THE HANDS.

it draws a perceptible line between the somnambulistic expression and dreams.

All the thoughts we have had while we slept, and those we remember on awaking, are only dreams. It is consequently far from the truth that participation in somnambulistic phenomena tends to confirm the subject's belief; on the contrary, it

assists in banishing that belief. This explains, also, how some celebrated physicians in olden time have been able to establish that the soul during sleep is in a better condition to describe the diseases and to predict dangers that threatened the body. They had, however, investigated somnambulism quite thoroughly; but they had not been able to distinguish the difference between somnambulism and normal sleep.

Abbot Faria, a Portuguese priest (Brahmin he called himself), immediately on his arrival in Paris from India created an immense sensation. "We do not produce somnambulism," he says in language that is as far from being as elegant as his own personal self, "each time we desire it, but only when we happen to find one especially adapted to such conditions; that is, one who is a natural somnambulist. In these individuals we do not create the somnambulist sleep, but only develop their natural tendencies. The investigations we have made in regard to several persons, showing that during the somnambulist sleep at a certain distance they follow all the movements of the operator, are not sufficient to justify the meaning and use of the word animal magnetism, and there is no legitimate right to associate this common expression with somnambulism."

It was furthermore Faria's opinion that the lethargic sleep, or somnambulism, did not in any way differ from the normal sleep; a conclusion that in our time has been brought forward again, but without gaining any great number of followers.

That even the ablest critic can be criticised Faria knew and admitted; and he therefore considered it necessary to strengthen his doctrine by the statements of some views from which we respectfully dissent. Doctor Tourett sarcastically remarks that Faria was not skilled in medicine; but what matters that? Would not the continuous existing theory concerning fluids or juices be able to afford him an explanation? "Sleep," he says, "has its different degrees; the deepest sleep is what we have called somnambulism. This exists only where the blood is

universally easy flowing, and, as this condition has its own peculiar degrees, so also has somnambulism its perfection of scales. Easy-flowing blood does not alone effect the more or less deep sleep, but also its more or less rapid appearance. Usually that state of blood circulation is only evidence of weakness; and experience has taught me that the loss of a certain amount of this fluid made somnambulists of those who had not



BELIEVES SHE IS PATTI.

previously any disposition to it. So here we have the true cause of what we call natural somnambulism."

Faria was probably not altogether wrong, for we see that in females—and it is usually they who are most easily hypnotized—we very often find a distinct anomi (loss of blood). Nevertheless, it is impossible to set up this doctrine as a general validity, or to accept it in the exact letter. Faria judged as

above, that we can only develop as somnambulists those who are so by nature; that the sleep produced by the magnetizer's unspoken command must be ascribed to somnambulism, forced out through himself, and not, as supposed, by some outside power; therefore, to produce sleep, Faria was obliged to employ a method that differed widely from those employed by previous operators. "The method," Faria says, "that I employ to bring people into the sleep is very simple. I consider it above all reasonable doubt that we cannot compel those to be somnambulists that are not naturally so, and we must therefore endeavor to develop those who are susceptible on each occasion that they in good faith offer themselves."

#### COMMANDED TO SLEEP.

"According to outward appearance, as I will try later on to describe, I avail myself in advance of those who possess the required dispositions; and when I have them seated comfortably in a chair, I exclaim in a determined and clear voice the word 'Sleep'; or I show to them at a little distance my open hand, and command them to gaze sharply at it without moving the eyes; but I allow them to wink the eyelids when they feel the necessity. In the first place, I command them to close the eyes. And I invariably notice, when in a determined tone of voice I order them to sleep, a visible tremor in all their limbs, upon which they go to sleep. This tremor is positive evidence not alone of their natural dispositions but also of their good will to give themselves up. Secondly, when I perceive they do not wink the eyelids any more I slowly advance with my open hand until within a few inches of their eyes. Then when I notice that the eyelids do not naturally close I perform one more operation which I will immediately explain :

"Before developing new somnambulists, I always take the precaution to let several developed somnambulists go into the condition—my aim being thereby to inspire confidence in those

who are willing to try and who are natural somnambulists; because when they notice the ease with which the others sit down, there is no longer any fear regarding the coming sleep. Usually these persons are affected by an overwhelming fear, in spite of their entire willingness to become influenced. They often have attacks of cramps, nervous trembling and hard breathing. These attacks are the crisis, in which originates what is so erroneously termed healing, which are not, as claimed,



THE SUBJECT CANNOT WITHDRAW HIS HAND.

from magnetism. If the operator does not watch closely and is not able immediately to bring the patient back to his normal state there is a liability of leaving dangerous effects, which may later on render special treatment necessary. When the described methods do not have the desired effect, I slightly touch the subject on the crown of the head, the temples, root of the nose, the abdomen, over the heart, both knees and on both feet. Experience has taught me that a light pressure on the parts where the blood is especially easy flowing always produces an

effect (concentration) that is sufficient to dull the senses and will power when there is no direct resistance present."

It must be admitted that this development is very interesting and contains more than the germs to the whole of Braid's theory—and of the theory concerning the power of imagination or suggestion in consequence of the same.

The phenomena observed by Faria in his subjects do not differ in the main points from those of Puységur and the other operators or their somnambulist subjects; and this is the case especially in regard to the complete loss of memory about everything on awakening.

Faria adds: "During the somnambulistic sleep the eyes are, as a rule, closed. There are, nevertheless, somnambulists who sleep with open eyes; and my experience has proved to me that these latter are somnambulists by nature." Their open eyes remain fixed and immovable and they seem to be perfectly sightless. There are a few who move their eyes and see what occurs in their surroundings, still without being able to have any recollection whatever when they are awakened.

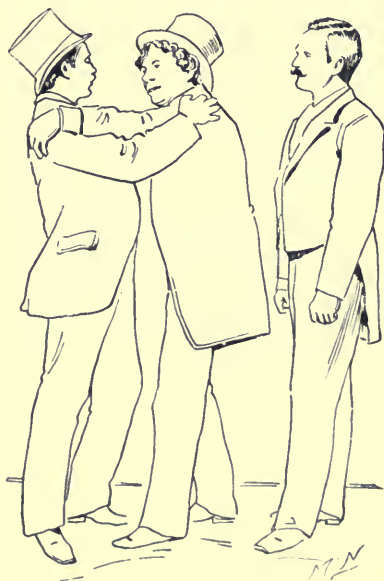
#### MADE THEM BELIEVE WATER WAS WINE.

As an advocate of the identity of somnambulism and normal sleep, Faria made a study of lethargy; and he was one of the first who in a few lines described this interesting condition, which Azam also investigated. This is the state in which we nearly always find a certain double individuality of the person. It must be remarked that Faria claimed positively that there were no dangers attached when using his methods; and that subjects thus caused to sleep and brought under influence will by no means suffer any unpleasant effects.

Abbot Faria was famous in Paris, and there was great demand for tickets to the seances given by this great man, notwithstanding that he was tanned by the scorching sun of India, and that he spoke the French language as poorly as he wrote it.



During these seances he caused his somnambulists to sleep and was one of the first to practice the mysterious influence, suggestion, in a manner, if we dare say, rather scientific, as he compelled his subjects to enjoy large quantities of water, in the belief that it was the best select wines. Abbot Farias' retreat did neither injure magnetism nor interfere with its progress. Thanks to several prominent scientific men (especially du Potet, 1821, whose "*Traité Complet du Magnetisme*" is a rare and valuable contribution), there was proclaimed for Mesmer's discoveries a more medical and scientific direction.



FOUND HIS LONG-LOST FATHER.

Du Potet magnetized the patients in the Hotel Dieu hospital; and he was successful in convincing several very eminent physicians. Alexander Bertrand, formerly a pupil of the Polytechnic school, gave a seance to which people crowded

from all sides. Nevertheless several of the learned societies, in reference to Bailey's celebrated report, continually condemned magnetism.

Dr. H. Bernheim, a professor of the faculty of medicine at Nancy, says in his work, "Suggestive Therapeutics": "In reality we must come down to 1860 to find the doctrine of suggestion entirely freed from all the elements which falsified it even in the hands of Braid himself, and applied in the simplest manner to therapeutics. Durand de Gross, like Abbot Faria, had already employed simple vocal suggestions, speech, in the productions of hypnotic phenomena. Mr. Liebault conceived the idea of applying the same vocal suggestions to therapeutics.

"The patient is put to sleep by means of suggestion—that is, by making the idea of sleep penetrate the mind. He is treated by means of suggestion—that is, by making the idea of cure penetrate the mind. The subject being hypnotized, Mr. Liebault's method consists in affirming in a loud voice the disappearance of his symptoms. We try to make him believe that these symptoms no longer exist, or that they will disappear, that the pain will vanish, that feeling will come back to his limbs, that his muscular strength will increase, and that his appetite will be restored.

"We profit by the special psychical receptivity created by the hypnosis, by the cerebral docility, by the exalted ideomotor, ideo-sensitive, ideo-sensorial, reflex activity, in order to provoke useful reflexes, to persuade the brain to do what it can to transform the accepted idea in reality."

Such is the method of therapeutic suggestion of which M. Liebault is the founder. He was the first to clearly establish that the cures obtained by all magnetizers, and even by Braid's hypnotic operations, are not the work either of a mysterious fluid or of physiological modification due to special manipulations, but the work of suggestion alone.



À très aimable Monsieur  
Carl' Sextus: Hommage.  
Ch. Libaut



The whole system of magnetic medicine is only the medicine of imagination; the imagination being put into such a condition by the hypnosis that it cannot escape the suggestion.

M. Liebault's method was ignored a long time, even by the physicians at Nancy. In 1884 Charles Rickett was satisfied to say that magnetism often had advantages, that it calms nervous agitation and that it may cure or benefit certain insomnias.

Since 1882 I have experimented with the suggestive method which I have seen used by M. Liebault, though timidly at first and without confidence.

#### DISORDERS REMOVED BY SUGGESTION.

Now it is daily used in my clinic; I practice it before my students, perhaps no day passes in which I do not show them some functional trouble, pain, paresis, uneasiness, insomnia either moderated or instantly suppressed by suggestion.

Dr. J. R. Buchanan, in his work on Therapeutic Sarcognomy, remarks in regard to Dr. Esdaile: "How widely different from the monotonous imbecility of Deleuze is the practical exposition by Dr. James Esdaile of his medical and surgical application of animal magnetism in India, in the volume, 'Mesmerism in India,' published in 1846, showing his observations during six years, a work which no candid person can read without realizing the guilty folly of the medical profession in ignoring and opposing so valuable a portion of therapeutics. It was his intention at first to communicate his observations only to the medical profession, but he soon felt it his duty to give them to the public."

Dr. Esdaile's report embraces seventy-three surgical operations and eighteen medical cases treated by mesmerism with complete success, and shows how simple is the practice and how brilliant are the results in India. A student of sarcognomy in that climate, even if he dispensed with medicine entirely, would have a brilliantly successful prac-

tice that might astonish the adherents of the old regime. Dr. Esdaile regrets that the public should wait for a professional sanction of mesmerism; for, says he, medical men in general as yet know nothing about it; and there is nothing in their previous knowledge, however great and varied, that bears upon the subject. I fear that not many of this generation will live to benefit by mesmerism if they wait till it is admitted into the pharmacopœa. He speaks of the opprobrious language applied to those who succeed in curing diseases without medicine, and adds: In my estimation the genuine medical



THE HYPNOTIZED DENTIST AND PATIENT.

quack is he who, professing to cure disease, yet allows his patients to suffer and perish by ignorantly or presumptuously dismissing any promising or possible means, of which the father of medicine thought very differently from his degenerate sons.

I will remark concerning Esdaile's methods of hypnotizing : Esdaile usually had the patient led into a semi-dark room, where he was then requested to lie down upon his back upon a



THE HYPNOTIZED SUBJECT SUPPOSES SHE IS IN A GARDEN,  
PICKING FLOWERS.

low couch. At the head of the couch the operator, who was generally a native, placed himself. This colored operator bent himself forward over the patient's face, constantly directing his



gaze sharply on the subject's eyes, at not too great a distance from the patient. At the same time the operator placed a hand on each shoulder of the patient. After a lapse of about ten to twenty minutes symptoms of the magnetic sleep generally commence to appear.

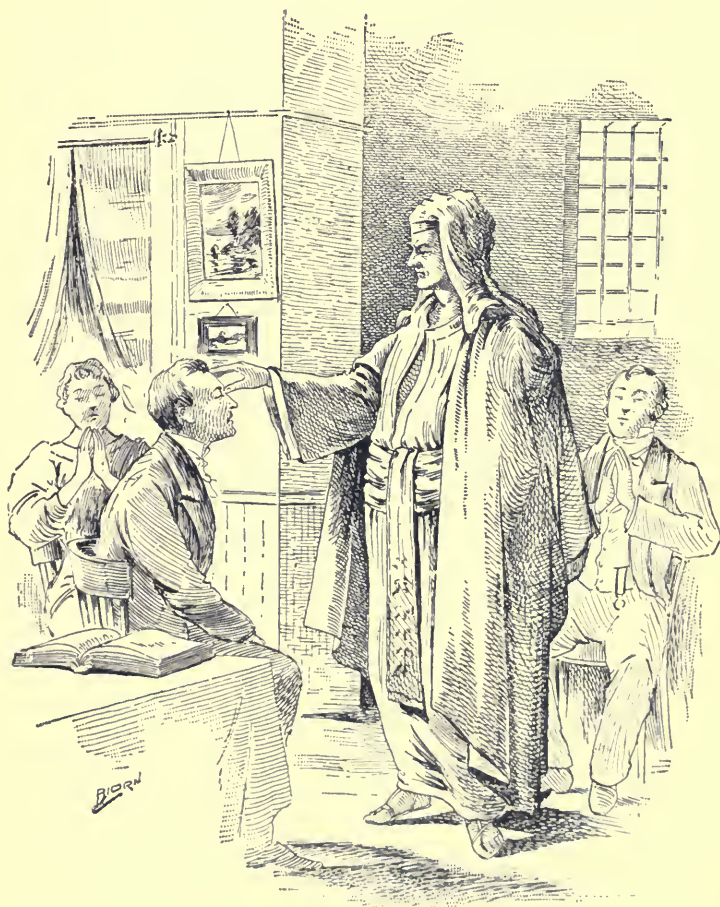
The operator then commands sleep. As a rule this process is very successful. In cases where they do not immediately succeed in bringing them under influence, the attempts are repeated until they do—either by the same operator or another who is substituted.

Besides what hypnotizations Dr. Esdaile performed he had engaged different operators who, singularly enough, were nearly all colored, whom he had developed. Another method he often pursued to produce sleep was passes or manipulations only; these passes were all performed from the head downward to the feet, at a distance of about one inch from the subject's body. The subject was here placed on his back on a low couch, but ordered to close the eyes. Then suggestions about the sleep were given; the subjects were, of course, to be passive. The treatment lasted from fifteen to forty-five minutes before the desired results were obtained.

During recent years hypnotism has been the means of arousing considerable interest. Magazines and daily papers have contained numerous articles on the science. A constant question has been concerning the great dangers that are supposed to lurk under and be connected with the use of hypnotism—all kinds of probable and improbable dangers of hypnotism or mesmerism. Such anecdotes are very often not only unreasonable, but actually ridiculous, and, at the same time, they are usually published by people who have really studied hypnotism, which makes it appear still more incomprehensible.

#### IS HYPNOTISM IMMORAL?

Especially there is brought forward, in vivid colors, the danger connected with hypnotism as regards the evil influence



PATER FARIA (THE BRAHMIN) GIVING A HYPNOTIC SEANCE  
IN PARIS.

exerted over the subject's moral nature, but I am pleased to remark that lately several of the modern hypnotists, as well as many physicians, have commenced to deny this assertion. Even some of the old hypnotists expressed their opinion through their different works and are extremely favorable in regard to all the benefit derived through hypnotism, and on numerous occasions gave undeniable proofs of there being no such danger as was formerly supposed.

As for example let us note what Binet and Fere say: "In the majority of subjects there is no marked difference between their normal life and that of somnambulism. None of the intellectual faculties are absent during sleep. It only appears that the tone of the physical excitement is nearly always present during somnambulism. This is clearly shown in the emotion. It is, in general, perfectly easy to make a subject shout with laughter or shed tears. He is deeply moved by a dramatic tale, and even by words in which there is no sense, if they are uttered in a serious tone.

"It is curious to note the influence of music; the subject expresses in all his attitudes and gestures an emotion in accordance with the character of the piece. In short, hypnotism does not appear to effect any radical change in the character of those subjects whom we have observed. The intellectual faculties are as active as before. The following is a conclusive proof of the exertion of the mind.

"A patient who had been admitted to the Salpetriere at an early age was in the habit of tutoying M. X. when she was alone with him, or in company with her acquaintances; she ceased to do so on the entrance of a stranger. Even under somnambulism this patient observed the laws of good breeding, addressing M. X., as to when she was alone with him and ceasing to do so as soon as a stranger came in.

"It is in somnambulists that we find the curious phenomenon of resistance, of which we shall speak further, when we come

to consider suggestions. When an order is given to somnambulists they will often dispute it, ask the reason or refuse to obey. It is under the form of refusal to obey a given order that resistance occurs. Subjects more rarely resist hallucinations, since these do not affect their personality. There are, however, instances of the latter form of resistance.

"When we proposed to transform one of our subjects into a priest and to give him a cassock, he obstinately refused it.

"If we study our own dreams we may all become aware of those curious duplications of consciousness, and this shows the connection between normal and hypnotic sleep.

"The dreamer is, in general, like the somnambulist to whom hallucinations are suggested. He is surprised at nothing, although the most absurd impossibilities are presented to his vision. Yet there is sometimes a remnant of critical sense which induces him to say, in the midst of some grotesque scene: 'But this is impossible. I must be dreaming!'

"These facts show that a somnambulist is far from being, as some writers assert, an unconscious automaton, devoid of judgment, reason and intellectual spontaneity. On the contrary, his memory is perfect, his intelligence is active and his imagination is highly excited."

Instances have been given of subjects who could, during somnambulism, perform intellectual feats of which they were incapable in the waking state. M. de Puységur remarks: "The power that we acquire over those individuals who are brought in the hypnotic condition (somnambulism) is only unlimited when it concerns their health and welfare. Outside of that they can only be brought to do harmless acts, such as going to and from places, dance, sing, carry articles to different places, etc., in short, what anybody would do in a normal condition. But there are limits, beyond which this power is without effect; and I can almost say positively that every hypnotist invariably feels and knows that his subject will obey him to a certain extent, and

where the suggestions are disagreeable to the subject's own morals and character, they positively fail."

As we can see by the above the danger in connection with hypnotism is by no means as great as people usually believe; and that the good that can be therapeutically accomplished borders on the incredible, especially as related to nerve and muscle diseases.

#### SOUTHERNERS EASILY INFLUENCED.

The differences in climate appear to have great influence on hypnotic susceptibility. Southerners, and generally those who have been exposed to tropical heat, are much more easily influenced than those who live in the temperate or frigid zones. Hypnosis not only appears sooner in the tropical climates, but it is usually deeper, and the more complicated conditions of the states invariably immediately appear. The hypnotic susceptibility does not depend on these circumstances alone. There are many other conditions which we must find, partly outside of the individual and partly within. It is necessary to especially notice the different tempers of mind, such as delight, sorrow, etc. That which also works against coming into the hypnotic state is over-exertion, either mentally or bodily, an empty or an overloaded stomach, excessive use of certain nourishing substances, liquors, strong spices, coffee or tea. All these conditions, more or less, prevent or disturb the coming hypnosis. Furthermore, outward influences, such as temperature, dress, place of residence and surroundings, should all be considered. The room in which experiments are to be performed must neither be too warm nor too cold.

Dryness is always encouraging to hypnosis, while damp air disturbs the influence. Strong odors of flowers and certain perfumes are very often advantageous. Strong lights are by all means unfavorable. A mild and shaded light is always favorable. The subject's seat must be as comfortable as possible; the least noise, the buzzing of a fly, the creaking of shoes, may

disturb the good results in causing an involuntary distraction of thought, which tends to disturb the effects of the manipulations of the operator.

Without exception there should be a third person present in the room, to witness every hypnotic treatment involving unconsciousness of the subject. There will then be no cause for misunderstandings.

The time is near at hand when hypnotism will be employed in the majority of diseases that have so far thwarted all other treatment.

## CHAPTER III.

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### HYPNOTISM.

ALSO CALLED MESMERISM, OR ARTIFICIAL SOMNAMBULISM.

Hypnotism is very old and was known thousands of years ago; but during the ever changing circumstances in different countries it has generally been known and employed only by magicians and fakirs, to produce visible, so-called supernatural phenomena, such as experiments in clairvoyance and similar states—in which the persons were supposed to be able to tell the past, present and future.

This science was also employed by Egyptians and healers in the olden time, to cure diseases that had baffled all other treatment.

Some of the names applied to this science are, Electrical Psychology, Mental Electricity, Human Aura, Electric Biology, Pathetism, Sychodunamy and many others.

A good hypnotist should possess certain special qualities. He should possess knowledge, good morals and a good, sound constitution; also have full control of himself, a determined and clear voice and the will power always to do the best. When we wish to proclaim the use of a discovery we ought first carefully to investigate its nature, so as not to enter on the wrong road; because only he who thoroughly knows a thing can decide what remedies should be employed, and on whom to induce them and teach them to appreciate and adopt it. Our present scientists accept experience as a main basis in the study of nature.



## WHO IS SUSCEPTIBLE TO HYPNOTISM.

I am constantly asked, who is susceptible to hypnotism? also the percentage of both young and old ladies and gentlemen, under the usual circumstances. In replying we are assisted by all the modern methods of procedure.

As a rule one-third of those who try, and willingly give themselves up to the operator's instructions, can be brought into the hypnotic sleep. There is not the slightest doubt that even more can be influenced if they will, once every day, undertake an attempt of this mode of treatment; then about fifty per cent. would be caused to sleep, and this peculiar state of sleep we call hypnotism or somnambulism.

Puységur and Mesmer as well as many others—followers of the old school—were convinced that all persons could be magnetically influenced—only the manner of its appearance being different. It is not always necessary to produce a sleepy condition, for magnetizing or hypnotizing may produce some very slight, almost unnoticeable effects, which the subject generally is not able to describe.

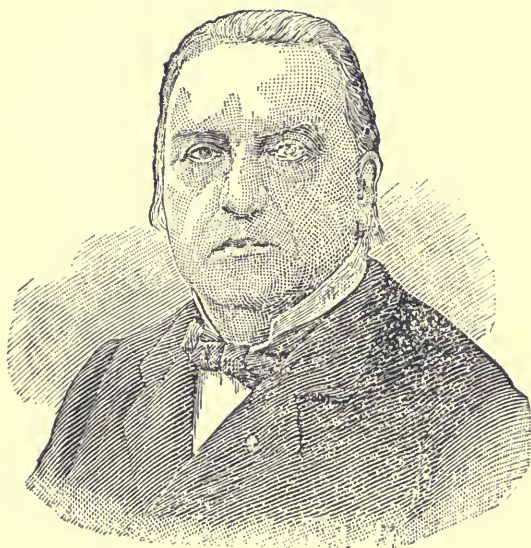
For hypnotic experiments young people and children are preferred. But as nearly every one in the eastern countries by repeated attempts becomes hypnotized, then the actual reason why they prefer younger people, almost children, is because they are the most easily put to sleep, especially during a special period and age.

These fakirs claimed that in these young subjects they could easily produce real clairvoyance, and phenomena equally as astonishing, and which they say cannot very well be produced in older people, even though they are in the deepest state of hypnosis.

We find a large number of people who still in their old age retain the disposition to become hypnotized, but, as a rule, it is the younger age. Girls from 10 to 18 years are best

adapted, youths during the ages from 15 to 23 years. Amongst those we not alone influence a larger percentage, but produce the most interesting conditions.

In regard to the different sexes, the opinion for a long time was that there existed a great difference between the male and



PROF. J. M. CHARCOT.

female susceptibility, their more or less development, and larger percentage of each who were naturally hypnotizable.

It was a general belief that many more ladies could be hypnotized than gentlemen. Experience proves that men who, as a rule, are considered the stronger, are as easily hypnotized as women, who are considered the weaker sex, and who usually are more nervous than men.

## HYSTERIA AND HYPNOTISM.

Prof. Charcot, who mostly hypnotized ladies—and especially hysterics—does not give either reason or the right to believe that it is only females who can be hypnotized. It is an absolute untruth, although it has been published in the papers, that Charcot should have said that only hysterical females can be hypnotized.

The truth is that in his specialty at La Salpetriere he studied hypnotism mostly through hysterical subjects.

Charcot has by his cures done an immense good, curing people by the thousands of a number of diseases.

A mistaken judgment that many pass is, that to be hypnotized is to become hysterical. I think it is sufficiently proven by Charcot's treatment, as he by hypnotizing hysterical ladies actually cured their hysterics, a disease that by seeking medical aid they had not been relieved from.

Of hysterics we find many who cannot at all be hypnotized. Charcot's and other hypnotists' experience shows this.

At the recent meeting of the French Society of Hypnlogi in Paris, Dr. Berillon astonished his hearers by stating that almost all children could be hypnotized, except those who were idiotic or hysterical. The idea that there is any connection between hysteria and hypnotism was strongly disputed. One physician alleged that he had hypnotized sixty-nine patients out of seventy-two under his care for various diseases in a hospital, and said it was absurd to believe that so large a proportion could be hysterical.

Another great good in hypnotism is that we can by no means produce somnambulists by the hundreds; which was the general belief when hypnotism was little known; but instead of this it cures those who are attacked by this nervousness.

Peculiarly enough, artificial somnambulism produced by hypnotism, causes the natural somnambulism to disappear, so we are almost sure of curing a somnambulist of his nightly walks

by hypnotizing him. Well known hypnotists, De Bremaund, Bernheim and Liebault in France, and hypnotists in Germany, England and America, have positively proven that men and even the most robust and strong are easily hypnotized, as a rule; and usually they are easier to produce the conditions in than women.

Amongst the conditions as well as age, of advantage and influence to their susceptibility we must mention as a valuable factor the person's occupation or position.

Individuals who do hard manual labor are more susceptible to hypnosis than those who exert mental activity.

The difference should here be ascribed to the fact that the first are more accustomed to concentrate their whole thought, while the others of rapid thoughts find the effort to concentrate them on one subject very hard. For the stated reasons, soldiers, sailors and people who are in the habit of obeying orders, and have only one thought in their mind at the time, are susceptible. Also those who are working in the free air—healthy and robust workingmen—are easily influenced; and they are more readily hypnotized than weak and delicate looking people confined to the house.

Besides the old well-known methods, there are some new and very practical ones, by which to produce hypnotism; but even by the methods now employed we are only able to influence about thirty-five or forty per cent. Probably the day is not far off when a new and more practical method will be discovered, better than any yet known, and by which everybody can be brought into hypnosis.

We can not give one special method any advantage over the other, as the susceptibility of the nerve systems are different in the different individuals, and even in the same persons—the sense nerves can be more or less easily influenced. This is the reason that in accomplishing cures and employing only one method, I have made ten or fifteen at-

tempts and more on the same person, without gaining any result, while I have found that by another method I have immediately produced the hypnotic sleep.

The immense good a competent hypnotist can perform, when the conditions are produced, is to many people almost incredible. A great many generally considered incurable diseases are cured through hypnotic sleep alone, by the refreshing sleep and resting conditions of hypnosis.

The diseases are nervousness, insomnia, and others ; but a still larger field the hypnotist has in suggestion, are the morphine and alcohol habits, which these people in a normal condition can not with the best intentions give up. The hypnotist can, during this somnambulistic condition, suggest to them to abstain from their former weakness.

I will here quote what Dr. Hamilton Osgood says: "*I have seen many neurosis cured. I have never seen one caused by suggestion. I have seen the intelligence restored; I have never seen a mind enfeebled by suggestions.*"

In spite of all that is done by hypnotic treatment both in Europe and America and all there has been published on the subject, there nevertheless are a great many people who as usual cannot comprehend what is new to them, and that there really exists such a thing as hypnotism. Some blindly deny that they understand it and never try to become better informed; still they proudly denounce everything as nonsense that they cannot understand or comprehend immediately. But it is a well known fact that most people never allow themselves to study what they have a prejudice against.

As an example, I will give a remark related at a meeting of the society for Psychical Research, London. An amusing instance of the existence of mental prejudice amongst eminent scientific men is given by the late Miss C. Fox, in her recently published journal; she relates that the late Provost of Trinity College, Dublin, said to her: "When in Dublin, Sir William

Hamilton mentioned to Airey some striking mathematical fact. He paused a moment, when Airey interposed with, 'No, it can not be.' Sir William mildly remarked, 'I have been investigating it for the last five months, and can not doubt its truth!'



PERSIAN MAGIC MIRROR.

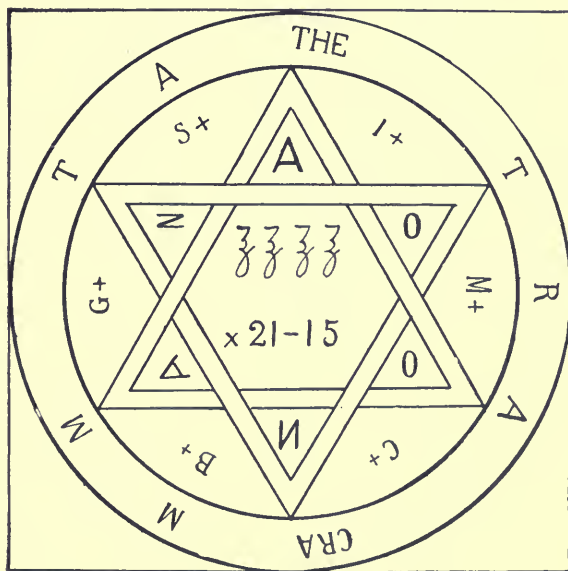
'But,' said Airey, 'I've been at it for the last five minutes, and can not see it at all!'"

METHODS BY WHICH HYPNOTISM IS OFTEN PRODUCED.

There is the method of suggestion, Liebault's method, and the well-known fascinating method; also the method by which the subject in a resting and comfortable position with tight

closed eyes, becomes hypnotized by manipulations or passes, performed in a monotonous manner. There is also Braid's method, in which the subject's whole attention is centered on a glittering object, crystal or metal, held at a certain distance from the subject's eyes.

Braid's method can be traced back to the dim old age, which we can see by the following extract from a letter to Demarquay and Giraud — Toulon.



CABALISTIC MAGIC MIRROR.

(*Recherches sur l'Hypnotisme*, 1860, p. 42, by Dr. Rosse, private physician to Halim Pasha in Cairo.)

"The old remark *nil sub sole novum* (there is nothing new under the sun) finds daily new illustrations; and to return to



my real object, the wonderful discovery of hypnotism is a new evidence of the fact.

“In this traditional world, where everything is done as it was 4,000 years ago, we find a class of people who cultivate trade as *mandeb*. The experiments they do, and which up to date have been scorned as charlatanism, are the same that Braid mentioned.

“*Their method of procedure is as follows:* They generally employ a whole white plate. That is Dr. Braid’s shining object. In the center of this plate they draw with pen and ink two triangles, whose sides cross each other, and write in this geometrical figure cabalistic words; most probably this results in concentrating the gaze to a limited space.

“They then pour upon it some oil to increase the polish.

“A young man is generally preferred in the attempts, and he is to gaze in the center of the double triangle. After a lapse of four or five minutes the effects present themselves. The individual commences by seeing a black spot in the center of the plate, this black spot grows, changes form and is transformed to different figures, that dance in front of his eyes. At this state of the hallucination he often comes in possession of a somnambulistic clairvoyance, that is equally as wonderful as are those hypnotized.

“Still there are some amongst these Sheiks (those who can produce these phenomenon, are honored as Sheiks) who use even fewer apparata; who, without seeking refuge in geometrical figures and cabalistic words, simply produce hypnotism and somnambulism in the same manner as Dr. Braid, by letting the individual look sharp at a glass marble; and as they did not possess such a competent mechanic as the Parisian, Charrierre, to make their scientific apparatus, they were compelled to be satisfied with a decanter which they filled with oil.

“In giving all these details it is not my intention to rob Dr. Braid of his glory, but I only wish to emphasize that the old

Egyptians retain their priority in the case, to which they have undisputed right."



CHIRON FASCINATING ESCULAPIUS B. C. 928.

Chiron the Centaur, a prince of Thessaly, has fascinated his pupil Esculapius, brother prince, for the purpose of discovering a remedy to cure the foot of Hereules, which had been wounded by a poisoned arrow. An herb was prevised which saved the

hero; this plant, known from the circumstance as the Centaury (Centaur's herb), gave name to a genus, one species of which is our common blue-bottle. Chiron was the great physician of his day, and derived his name from a Greek word, meaning the hand, because he performed most of his cures by manipulating. His wonderful skill in horsemanship has made the poets represent him as a centaur, half man, half horse. In after times, the medical fame of Escu'apius far eclipsed that of his master, Chiron, and he was early invested by the people with divine honors. His mode of practicing, called by his descendant Hippocrates, the secret means of medicine, can be found detailed in the work.

## CHAPTER IV.

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### HYPNOTIC METHODS AND CONDITIONS.

SPECIAL REMARKS REGARDING THE CAUSE OF "HYPNOTISM"  
AND PHENOMENA RELATING THERETO.—CLEAR  
AND PRACTICAL METHODS BY WHICH HYP-  
NOTISM MAY BE PRODUCED.

In order to hypnotize an individual it is essential first to gain the attention of the person concerned. In thus gaining his attention, his thought may be controlled so that he has but the one idea—that he will draw the shortest straw in the end, and must submit. The hypnotist must, as a matter of course, have confidence in his own power; otherwise it is not to be expected that others will have such confidence in him.

A good hypnotist has it in his power to suddenly check the will or desire of a sensitive either by simply gaining the attention with the aid of sonorous, monotonous sounds, or by certain manipulations or passes.

These methods, of course, are each and all simply suggestions. We may further make use of other well-known methods or suggestions, as I have previously mentioned. Some hypnotists merely throw their so-called magnetic atmosphere in the direction of different parts of the body, and, consequently, without contact or touch.

There are some instances when these have been successful, even when contrary to the desire or will of the subject; but these are rare. These cases thus produced are solely by the will-power of the hypnotist, and in this instance without touch. These are in brief the most common means employed.

Regarding manipulations we have the following: (*a*) Manipulations by touch, and (*b*) manipulations at a distance. Both may have similar effects on different individuals.

I would say that in cases where the manipulations by touch are executed by a practical and scientific hypnotist with fixed certain manipulations or pressure in a certain direction, they, of course, would produce a certain effect. In manipulations at a distance the hands are to be held in a certain manner, being clinched and moved forward in a certain manner to gain a certain effect. These manipulations may be executed at a shorter or longer distance from the sleeping person.

Savants of the present day admit that the will of the hypnotist plays an important part in hypnotic experiments; and they cite instances of hypnotizing at a distance, and of transference of thoughts.

Braid, when discovering hypnotism, fancied he had given to so-called "animal magnetism" the finishing thrust; but he was proven in error. Even if some of the phenomena performed by mesmerists of old bear a striking similarity to hypnotism, there still remain various experiments which Braid and his followers, by their mode of procedure, were not able to perform.

#### DIFFERENT SUGGESTIONS.

Of these we have four:

1. The direct or so-called hypnotic suggestion to the subject, who is to be put to sleep.
2. The post-hypnotic suggestion by which a person hypnotized is suggested to do something after being awakened.
3. Distant suggestions, when the person contrary to his will and desire falls asleep.
4. Suggestions to a person fully awake. When the person without apparent hypnotic influence, but awake and in every way normal, submits solely to the superior will and intelligence of the operator.

The following instances go to prove that there are various interesting forms of hypnotism, or, as it is generally termed, personal magnetism. I will endeavor in the following to demonstrate my views upon this subject. To illustrate: Supposing two business men come together. One, without the other having the least idea of it, is studying the weak points of his associate. The stronger and more intelligent of the two will, after a while, bring the other to look upon a subject as he desires, and finally to submit to his wishes. This, then, is suggestion with hypnotic influence though the person is perfectly awake. The person upon whom the influence is brought to bear imagines himself to be possessing all his senses, while at the same time he is bound to submit to the influence of the other. As a result of this kind of suggestion many otherwise shrewd business men are frequently led to enter upon business enterprises which they, under other conditions, when exactly the same offers were made by the same people, refused to accept or consider; because they then followed their own personal sense, will or conviction, guided by their own particular interest; and hence they did not commit any folly to regret later on. As soon as the weaker party is out of the sight of the stronger, the former perceives his blunder, but, alas, too late.

Hypnotism may be called by different names, which all imply the same. It matters but little whether we term it Sunderland's "Pathetism," Dr. Braid's "Hypnotism," Burr's "Biologi," Dodd's "Psychology" or "Animal Magnetism." Elliottson, of London, gave to it the name of "Mesmerism," in honor of Mesmer; still, as a matter of justice to its real discoverer, M. de Puységur, it might more properly be called "*Puységurian Somnambulism*."

THE DOUBLE CONSCIOUS STATE IS AN INTERESTING ONE  
WITH HYPNOTIC INDIVIDUALS.

While every individual will, in a state of somnambulism, remember everything that has happened in his normal as well as

hypnotic state, he will have forgotten all that has occurred during the hypnose, when awakened. Thus we find a divided recollection, and hence we have dual states which may be named (*a*) the normal or awakened and, (*b*) the somnambulistic recollection. It is of great importance that everything, even to the minute detail, which has occurred during previous periods of somnambulism be recalled in each succeeding somnambulistic period, regardless of the duration or interval of these periods. Thus the memory is strengthened and may recall long past and forgotten occurrences.

Belonging to the soul category is another peculiar condition, the hypnotic rapport existing between the hypnotist and his subject.

The subject submits to and obeys the hypnotist, even to the minute details. As a matter of course while the subject is continued "en rapport" with the hypnotist — he entertains the same thoughts and desires—smiles or shows anger with him, while at the same time he remains indifferent to everyone else, and remains unconcerned about the influence which may be brought to bear from others than the hypnotist.

Whenever the hypnotist places the subject in rapport with some other person, the subject will in the same manner become submissive to that person, while remaining indifferent to the demand, suggestion or manipulations of anyone else endeavoring to exert an influence. The hypnotist may at will cause the rapport to return to himself even by the slightest motion of his hand. He may accomplish this by passes or manipulations solely—or by words or without, and with some subjects even without any direct words or touch, but simply by the will of the hypnotist. In very sensitive persons similar effects are caused by the concentrated thoughts of the hypnotizer. To have the rapport return it is but necessary to again gain control. It is to be borne in mind that the hypnotist's thoughts during the entire period of hypnose are with the subject. Hence the



final thought of the subject as to the hypnose is in harmony with that of the latter. It thus becomes natural for the subject to see, hear and comprehend the hypnotist, he being the last one in the mind of the hypnotized person when awake. The subject during his sleep is continually attracted and controlled by the hypnotist.

The following example is familiar to all. When the mother goes to sleep with the child at her side, she, though slumbering, does not cease to watch over her babe. While asleep she is still watching. Although she remains unconscious of every noise, no matter from what other source, she will awake at the slightest movement or outcry of her babe. The hypnotic rapport bears great resemblance to this. It is the same concentrated consciousness that causes the mother, solely interested in her babe, to observe every little noise, every sound or movement from it—which makes the hypnotized somnambule so sensitive to every impulse emanating from the hypnotist, while the subject, as has been proven, remains entirely indifferent to any other person.

Hence it is in the mind of the hypnotic individual the hypnotist exercises some peculiar individual power in him, which causes the well-known lack of will in the hypnotized individual.

Thus the rapport is a kind of suggestion caused by either a conscious or unconscious effect of the hypnotic sleep, as appears in the mind of the somnambulistic individual. The phenomena is very interesting and is worthy of consideration, giving food for thought. So far no one has been able to explain satisfactorily this vital, still natural, phenomena. As previously stated by one, when in gaining the attention of a person and thus making him forget everything else, he will be entirely absorbed in the one thought, and be influenced by none but the hypnotist with whom he is in rapport. He feels, sees, hears only that which is related to that one thought. We find

instances of this in everyday occurrences, where a person is submissive to the one idea and seems to forget everything else, and becomes indifferent to those who formerly held his affection. He sees nothing, hears nothing, and feels nothing, but is entirely absorbed in the one idea.

Every one knows that we can be occupied by a certain subject to such an extent that we, as it is generally termed, neither see nor hear. This idea, or class of ideas, which has arrested our entire attention, is incessantly increasing in strength, until it finally remains the only thing perceptible for our thought; everything else is forgotten; we hear nothing, neither do we see nor feel. This overwhelming thought dominates our mind and prevents the apprehension or conception of anything else. Even such impressions as would under usual conditions prove disagreeable or painful do not affect the person.

#### A STRIKING EXAMPLE IS THAT OF KING LEAR.

We have at one time a striking and interesting example of this in the tempest scene of Shakespeare's famous tragedy, "King Lear"—a scene which, as well as so many others, written by the Grand Master, shows his deep knowledge of humanity. King Lear at last clearly convinced of his daughter's grave ingratitude finds himself deserted in the wilds of the night. He is so horror-struck by this mighty certainty that he sees, understands, perceives nothing but this all-dominating thought that he feels prevails, everything dies in his mind; and as he more and more faces this sole idea, he cries in the fearful raging tempest of the night, as a soul in agony: "Fool—I am growing insane." And he hurries further into the terrible tempest, hears no more the thundering storm; he is regardless of the rain that beats his face. When the faithful "Kent" begs and implores the King to leave the desert's melancholy wrath and seek shelter from the horrible tempest, King Lear replies: .

"Thou think'st 'tis much, that this contentious storm  
 Invades us to the skin; so 'tis to thee;  
 But where the greater malady is fix'd,  
 The lesser is scarce felt — — —  
 — — — When the mind's free,  
 The body's delicate; the tempest in my mind  
 Doth from my senses take all feeling else,  
 Save what beats there.

*Act III, Scene IV.*

We remember that in the brain of the king rages the deathly, despairing, all absorbing thought—the ingratitude of his daughters. His brain is therefore incapable of receiving any impressions which enters as telegraphic messages from every nerve-center of the body. He is utterly unable to pay any attention to anything outside of this. The only thing perceptible to him is this all dominating thought, rooting itself deeper and deeper, until it is finally so fixed, so intense, that it—as he himself expresses it—leads to insanity.

King Lear in his misery furthermore exclaims:

There is a cliff, whose high and bending head  
 Looks fearfully on the confined deep;  
 Bring me but to the very brink of it,  
 And I'll repair the misery thou dost bear.

The unfortunate King was a grand and noble soul, good in every sense of the word; and he gave away to his children all his worldly goods. Then being in the closest of all relation they showed not only their ingratitude, but they were in every respect cruel to the old king. They hereby gave the mental death-blow which threw the king into the despairing darkness of that insanity which he himself predicted.

*His attention was arrested as it is the case of the hypnotized individual.*

The hypnotic somnambule is not a mere automaton to be moved about at pleasure. To make the hypnotic suggestion applicable, it is essential to impart the hypnotic suggestion otherwise it can not be carried out. It must not be forgotten

that the execution of the suggestion depends entirely on the disposition of the subject, which does not alter but remains the same asleep or awake.

There are certain instances where a person has a so-called dual character. These persons are, to all appearance, peaceable and law-abiding beings, who under certain circumstances become vicious or dishonest. It stands to reason that these same persons would, when under hypnotic influence, at times be pure and honorable, and then again dishonest or unreliable, just as in the normal state. The reader will understand that the somnambule may show resistance; not only refusing to do that which he has been ordered to do when asleep, but even when in the deepest hypnose after their sleep. I have given my personal views upon this subject, and may now properly give those of well-known scientists who have made investigations.

I cite from statements made by the well-known Professor Pitres of France:

“When ordering certain hypnotic individuals to execute certain acts after their awakening, disagreeable to them or causing their displeasure, they would simply refuse to obey and would not be awakened until released. Should the hypnotist remain firm or insist upon the suggestion being carried out, it would become impossible to awaken them.”

“Two years ago,” I again quote Professor Pitres, “we had in our department a young woman who was easily hypnotized. With little difficulty she was made to imitate every movement of the hypnotist; and illusions and hallucinations were easily called forth with her; still she could not be made to lay hands on anyone. In endeavoring to make her do so by sternly commanding her to obey orders, she would raise her hand, but immediately it would relax in a lethargic manner. Another female patient enamored with a person who had formerly caused her downfall, was through suggestion brought into his company. Still retaining her affection for him, she at

once would become nervous and make efforts to evade him. It was, however, impossible to cause her to do him any injury. Any other command she would instantly follow."

I again quote from the last named gentleman: "I once ordered one of my female patients, who was under hypnotic influence to go (upon being awakened from her hypnotic sleep) and kiss a young physician present. On awakening she went towards the doctor, took his hand, but observing the attention paid her by those present, she remained standing a few minutes, while a troubled look overspread her feature, and apparently she was in mental fear. In questioning her closely she admitted, blushing deeply, that she had the desire to kiss Dr. X, but found it contrary to her very nature to make such a breach of etiquette."

Another example: "After placing a coin on the table," says Professor Pitres, "I said to one of the sleeping patients: 'On awakening go to the table and pick up the coin which has been left there by some one and pocket it. You know it is stealing, but you need fear no trouble.' On awakening she went to the table, picked up the money and placed it in her pocket, but immediately after, she took it from her pocket and handed it to me with the remark that it did not belong to her, and asked me to find the party who had left it. 'I am no thief and would not keep it,' she added."

Resistance may appear under very different forms. A young girl, Miss W., had it suggested to her that it was very warm, and she at once began to wipe the sweat from her brow, remarking that the heat was intolerable. I suggested, "Let us go and bathe." She exclaimed, "What! In your company?" "Yes? Why not," I made reply; "You are aware that ladies and gentlemen go bathing together at fashionable resorts, and they see nothing improper in it." Evidently she was in doubt, but began, nevertheless, to undress. When she began taking off her corset, she hesitated and became convulsive. The ex-

periment was stopped at once, thus preventing bringing on hysterics, which with her, always appeared in this manner. The patient was of a very modest disposition, and hence the result.

Another lady, Sarah R., in similar instances never showed any signs of hesitancy, but would immediately undress and take the imaginary bath. It must be remembered, however, that Sarah R. naturally was reckless and far from modest in her behavior.

These experiments will clearly sustain me in my statements previously made. These proofs are evident and speak for themselves.

Dangers such as have been spoken of by persons unacquainted with these phenomena, do not seem probable when the subject is properly investigated. The benefits to be derived are much greater and more numerous than is generally supposed; and at no distant day all this unwarranted prejudice concerning this subject and these phenomena will disappear—in the light of truth.

#### PSYCHOLOGICAL IMPRESSIONS.

There is a peculiar condition into which many subjects may be induced, which is variously called psychologized, magnetized, fascinated, charmed, etc.

In this condition the subject is, to all appearances, fully awake and in possession of complete self-control, except that at the proper suggestions and passes he finds it impossible to move the hand, limb or any part of the body affected. In like manner any part of the body may be rendered insensible to pain, touch, or even to a surgical operation.

#### IMPORTANT SUGGESTIONS.

If the operator understands his art and does not use severe or startling methods, and if the subject submits without fear

or apprehension, the latter will usually exhibit first the lethargic state when hypnotized.

By proper suggestion and passes the subject may be readily brought from the lethargic into the somnambulistic condition. Somnambulism is only a deeper degree of lethargy; and it is best induced in the following manner: Place the subject in a perfectly easy position. Suggest that in a few minutes he (or she) will be in a very deep and peaceful sleep. Make passes from the forehead down over the chest to the knees, or the operator places his right hand over the subject's heart and his left hand upon the subject's forehead, and suggests deep and quiet sleep.

If the operator uses startling methods, and if the subject is very nervous, apprehensive or hysterical, a cataleptic state is frequently produced as the first stage of hypnotism.

To bring the subject from lethargy into a cataleptic state it is usually sufficient to place the arm, limb or head in a certain position. Then, touch the forehead, and, making passes over the part to be affected, suggest that in a minute (or some other short time) the said part will be rigid, and that the subject will be unable to move or bend it. Some subjects are so naturally impressionable that if their arms or limbs are placed in a special position, with the proper suggestion, they will at once become cataleptic.

There is never any danger of ill effects from lethargy or somnambulism; and this proceeding is perfectly safe. All experiments, however, which involve catalepsy—and especially when the subject is caused to undergo any muscular strain—must be carefully undertaken. In all such experiments the subject should be a healthy one, and not easily alarmed or predisposed to any hysterical excitement.

Every hypnotized subject should be fully disabused of any and every hallucination; and then fully and absolutely relieved



of every hypnotic influence—and, of course, then fully awakened.

It is never safe to hypnotize anyone afflicted with heart disease—much less to experiment with such a subject.

I cannot leave this matter without the emphatic statement *that the would-be hypnotist should be perfectly familiar with the theories and principles of the art before undertaking any experiment, even the simplest.* And when thus familiar—and even after extended experience—every step in practical work in this line should be carefully considered and intelligently carried out. In fact, the more intelligent the operator, and the greater the experience, the more detailed and perfect his plans, and the more carefully will he proceed at every step of his operations.

#### ALCOHOLIC TRANCE—STRANGE THINGS THAT MEN DO UNDER THE INFLUENCE OF DRINK.

“In somnambulism the person may go about and perform many intricate acts without consciousness—or recollection of them afterward,” says science. In epilepsy distinct periods of unconsciousness occur. Acts unusual and often violent occur, which are never remembered. In mania these memory blanks are common, and the person is an automaton, acting without any conscious influence of the present. These are familiar illustrations of some unknown pathological and psychological states of the brain, in which memory is suspended or cut off, and the operations of the mind go on without realization of the surroundings or the influence of experience. This is some obscure form of psychological palsy, in which he has no recollection of his acts during this time. From the many clinical studies of cases which have been made, the following general conclusions seem to be sustained:

1. Alcoholic trance is not an unusual condition of inebriety. The victim is literally an automaton, and acts without memory

or consciousness of passing events—a state which may last from a few minutes to several days.

2. It is distinct from epilepsy, hysteria, or any known forms of mania; and it is found associated with some unknown condition following alcoholic poisoning, continuously or at intervals.

3. This condition is probably one of brain exhaustion, followed by a lowering of consciousness till events are no longer clearly remembered; or it is a suspension of nerve force in certain directions, closely allied to the paralysis of certain brain functions; hence there are profound disturbances of brain centers, and impaired and lessened responsibility.

One group of trance cases seems never to do anything outside a natural, accustomed order of every-day life. Thus a farmer in this state goes on with his regular work, a physician continues to visit his patients, and a railroad conductor attends to all his usual duties, without any memory of these states. A second group of trance cases seems prominent by unusual acts and thoughts. Thus, a banker, in this state, left his regular work and went round delivering tracts in the lower parts of the city. A quiet, retiring man became vociferous, bold and aggressive. A peaceful man was combative, a truthful man untruthful, and a conscientious, religious man was treacherous and skeptical. Later these events were perfect blanks in their memory. In a third group of trance cases some unusual line of conduct seems to grow out of the surrounding unexpectedly; or some old buried thought or conception comes to the surface. Thus a clergyman insists on riding with the engineer in the engine. A skeptical physician takes part in a prayer meeting. A merchant goes round threatening to kill an old schoolmaster who punished him in boyhood. A wealthy man has a new will written, disposing of his property differently every time. In the last two groups criminal cases occur most frequently, although some very remarkable instances have been reported under the first group.

In a little work entitled "Alcoholic Somnambulism," Prof. Jurnsky, of St. Petersburg, mentions the case of a chief of police, who was an inebriate, ordering the arrest and execution of two suspected Jews. His orders were carried out in form, but not in reality. A day later he recovered from the trance state, and had no recollection of the past; he had total amnesia of this act. Another case is cited of an officer who ordered a house burned down, on the supposition that the inmates were preparing to destroy his command. Two days later he awoke with no memory of this event, and could give no reason for the act. In these cases the somnambulistic act was along the line of his usual work, and performed without the slightest consciousness of its nature and consequences. The criminal trance cases may be divided into two classes, one of which seems to have no history of criminality previous to the commission of the crime. They are inebriates of active, neurotic temperament, who have occupied reputable stations in life and belong to the better classes. All crime is unusual with them, and apparently grows out of alcoholic poisoning.

The second class are the low neurotics and defective by birth and education. They have a history of irregularities of life and conduct that seems to prepare the way for criminal acts; and probably they are more subject to the trance state because of defective heredity. Clinical facts indicate that in all cases of inebriety there is a defective brain power, and general perversion of healthy activity; also, the door is open for many varied nerve changes and degrees of instability, which always give a doubt to the sanity of the victim. The fact of being an inebriate points to an unsound mind; and to more or less incapacity to act or think normally. When the trance state is determined the actual responsibility or cognizance of right or wrong is suspended—the person is a mental waif, without compass or chart. No evidence of premeditation or apparent judgment in his actions can change this fact. Any special act

may spring up from some impression laid up in the past, which, when conscious reason is withdrawn, takes on form and semblance. The real condition of the mind is always more or less concealed. When the case is a periodical inebriate, with distinct free intervals of sanity, a possibility of concealed or masked epilepsy should always be considered. Epilepsy is likely to be present or follow from some organic tendency of favoring conditions. When the defense of no memory of the act is made the case should receive a thorough medical study before any conclusion of responsibility can be reached.

## CHAPTER V.

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### HYPNOTISM DEFENDED.

#### POPULAR MISAPPREHENSIONS CONCERNING HYPNOTISM.

( Many invalids who could easily be cured of painful diseases by receiving hypnotic treatment, still, in spite of this available remedy continue to suffer, because they cannot brace themselves up to try the method of treatment.) The reason is usually that they have the erroneous idea that to be hypnotized is a positive way of weakening the character. In short, they imagine that mentally they would be too much of an automaton—subject to the hypnotist's will, and blindly follow his instructions, not being able to refuse to obey whatever he might suggest for them to perform. This is a totally erroneous idea. On the contrary, the hypnotist's power is limited; and this is attested by authorities who have made a special study of hypnotism.

The fact is that to be hypnotized does not change the subject's moral character. If one in the waking and normal condition is an honest and upright person, he will also be so during the sleep; and just as it is impossible to induce honest people to do anything wrong in the normal condition—so exactly is the case during the hypnotic sleep—as the character and moral power is the same. There is this safeguard for those who are anxious that no misunderstanding may occur: always have friends or relatives present during the hypnotic treatments.

*Professor R. A. Campbell, the well known investigator and authority on psychic matters, and who has made a special study of this subject, has kindly allowed me to quote the following from his forthcoming work :*

“The questions as to the benefits and dangers of hypnotism,

are by no means answered. There are in the nature of the case, some results to the hypnotized subject. These results may be either transient, temporary or permanent; and they may be beneficial, indifferent or injurious. The facts in the cases are of great importance, but they are not as yet, fully known. Even the theories agreed upon by able and experienced hypnotists must not be confounded with, or mistaken for, demonstrated laws. That many wonderful and permanent therapeutic results have been obtained through hypnotism is freely conceded by everyone who has given this subject any fair investigation. That cures by hypnotism lie in the domain of the mental, the nervous, the fluctional and the muscular, is well known by all who are acquainted with the facts. The limit of such benefits and the possible extent of such curative results are alike matters of theory—which have not yet been fully determined. Enough, however, is known to warrant the employment of this partially-known remedial agency in a large range of cases that have always puzzled and usually baffled the medical profession.

“As to injuries inflicted by intelligent and proper hypnotic treatment they are mainly conjectured possibilities, rather than observed and verified effects. So far as they have any reality they are of the same nature as the incidental injuries of any surgical operation—a temporary tax on the patient’s comfort, strength and free will; and they are cheerfully—nay thankfully—borne for the sake of the desired beneficial result on the therapeutic plane of their operation.

“The claim that hypnotism will prove a powerful agent in reforming the vicious or in demoralizing the innocent or virtuous is not founded on any well known fact of its influence either way. That the subject while hypnotized may have suggested to him an act—or even a series of acts—which he is to perform in his subsequent seemingly fully awakened condition is an established truth. There is, however, no case in which this suggestion has been obeyed when its performance

involved a heroic sacrifice beyond the ideal of the subject; or when it called for any act which was shocking to the subject's sense of propriety or integrity—much less when it induced any crime against the person. The simple truth seems to be that the morality of the subject is in no perceptible way modified. The hypnotic subject may be induced to perform certain acts, and he may be instructed in certain facts or truths, but there is no warrant for the supposition that his intellect may be dulled or sharpened, that his morality can be debauched or purified, or that his disposition can be changed."

Mr. Sinnett, the well-known Theosophist and investigator, in his late work, "Mesmerism and Hypnotism," very thoroughly disposes of the false idea so insiduously propagated by those who are interested in making the practice of hypnotism a subject of legislation, that, even when performed by an earnest and high-minded operator, there is real danger to the subject in mesmeric treatment. There are not lacking indications that the medical faculty are feeling the ground and preparing the way for introducing into Parliament in England a proposal similar to that lately introduced into the New York State Legislature. The ground asserted will be the danger of the practice when performed by anyone not a qualified physician. Mr. Sinnett exposes in the clearest way the absurdity of this proposed restriction. But in view of the threatened action it is highly necessary to have brought together, and readily available, a mass of evidence and testimony tending to rebut the misleading assertions of the interested class.

THE DANGERS OF HYPNOTISM EASILY AVOIDED BY CARE ON  
THE PART OF THE HYPNOTIZED.

As regards the dangers of hypnotism Dr. Bramwell, the celebrated physician, believed they were easily avoided by a little care on the part of the subject. He had been accustomed to impress on his patients that they were entirely free to accept or



refuse his suggestions. In one or two cases he found his declaration of freedom had been too impressive; because the patient, when separated from him for some time, had supposed that he would not be able to renew the influence.

Prof. Delbœuf (Liege, Belgium) said that at all times the mind of man had been capable of influencing the body, but it was only in recent times that this action had scientifically put in evidence. Was it necessary for this purpose to put the brain into an abnormal condition? Was that which was called hypnotism a state against nature? Not at all. The question carried the answer with it. To hypnotize a person was to persuade him that he could not do a thing which he believed he could not be prevented from doing. This persuasion might be indirectly produced. The indirect method consisted in producing artificially that which is known as hypnotism, and it was only the development of suggestibility—the exaltation of the will.

Take, for example, a high official whose nervous and agitated state had rendered him unhappy for twenty years. He showed to him, without sending him to sleep, that he had the faculty of not feeling pain. He passed a needle through his arm without making him jump. He showed to him in that way the power of his will. That will had only to be directed against his nervousness. The subject understood it and was cured. In mental maladies the mind must act on the mind, the healthy part of the brain on the diseased part. He cited the case of a woman possessed with the idea of killing her husband and children. Every day she asked herself in rising if that was not the day for her to accomplish her murders. He defied her to call out the morbid thought while he looked at her. Having succeeded, which was very easy, he announced to her that the following day from eight to nine she would not be able to think of killing those who were dear to her. Success was, so to speak, inevitable. By degrees it was possible to charm away the morbid ideas for two hours, then for day, then for a week.

The cure was accomplished. Was there any mystery in that? Was there the production of an abnormal condition? Evidently not. Apart from the starting point, which was the conviction of the subject that she was dealing with a man endowed with a curious power, or that she submitted herself to a curious treatment, the subject had been simply led to act by her own will upon the ideas which she thus succeeded in dispelling.

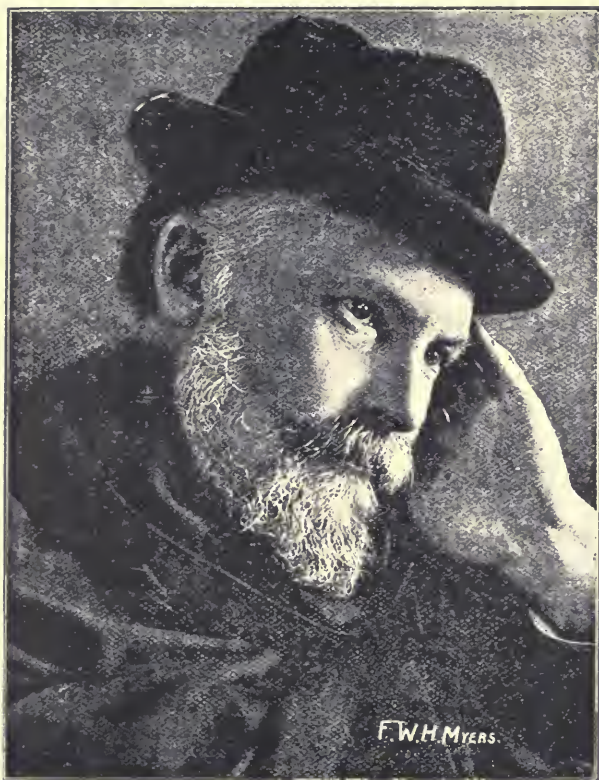
#### PRACTICAL VALUE OF HYPNOTISM IN THE HEALING ART.

Is it possible to induce hallucination? And if possible, is it safe?

A satisfactory answer to these questions is furnished by the continued experimenting in hypnotic hallucinations, which has been carried on of late years at Nancy and elsewhere. Professor Bernheim and his friends have conclusively proved that hallucinations can be induced in very many subjects—healthy both in body and mind—without any kind of consequent ill effect. There is no necessary injury even from what looks most dangerous, namely, the very frequent induction of hypnotic hallucination in a diseased subject. “In one of my patients,” says Dr. Bernheim, “a very intelligent woman, affected with locomotor ataxia—I have allowed myself to make, with her consent, certain experiments (with the view of testing the effect of repeated hallucination), while carefully watching her physical condition, and keeping myself prepared to stop the experiment at the slightest alarming indication. I have on several occasions subjected her for several days in succession to complex and repeated hallucinations—hypnotic and post-hypnotic, immediate and deferred—and no trace has remained of all this. During three years that she has passed in my ward, in spite of very frequent suggestions given in waking hours and in the trance, her intelligence has continued equally alert, nor has her power of initiative been impaired.”

This is by no means an isolated case. Professor Bernheim himself has several other living examples, some of whom he





has allowed me to see. And in a long series of experiments begun by Edmund Gurney at Brighton in 1883 and continued at intervals (mainly by Professor and Mrs. Sidgwick) up to the present time, the same healthy and intelligent young men have been subjected (1887-92) to scores of hypnotic and post-hypnotic hallucinations, with no bodily or mental injury whatever. There is, therefore, no reason to suppose that the mere fact of undergoing a hallucination is, in itself, either injurious, or an indication of weakness or disease.—(Proceedings of the Society for Psychical Research, London).

Mr. F. W. H. Myers says furthermore: "I am assuming, of course, that the experiments are conducted on suitable subjects, and with proper care. Harm may no doubt be done by hallucinating weakened subjects, or even by forgetting to remove the hallucination which has been induced."

*An interesting circumstance I will mention:* M. de Puységur one day asked a young woman, Genevieve by name, while she was in the hypnotic condition, how far his power over her extended, as he had a short time previously commanded her to strike him with a leather strap, which she held in her hand. "Seeing that you found yourself compelled to strike me just now, although I have done so much for you, then I am almost forced to believe that if I insisted upon it, I could make you do whatever I might wish, for instance, suggest that you undress, etc." "No, Marquis," she answered, "that would be something altogether different. As to me striking you, I was very loth to do so, but as it was all a joke, and you absolutely insisted on it, I at once obeyed, but in regard to what you now mentioned, you would never be able to compel me to remove all my clothing. My shoes and headwear I am willing to remove as often as you desire; but beyond that you could not control me."

Another young lady, Cathrine Montmécourt, who was present during the above mentioned conversation, remarked laughingly,

that when anyone was in Genevieve's condition, they could assuredly be compelled to do whatever was suggested; and she was far from being convinced by the subject's statement. "Half an hour later," Puységur says, "I had occasion to put Cathrine in the hypnotic condition. I directed the same question to her which I had asked Genevieve; and the answer was exactly the same. I reminded her of her opinion during her waking condition. 'Yes, that was then,' she replied, 'but now I look at it in a different light.' 'But if I was determined that you should undress, what then?' 'Then I would awaken,' she answered, 'and it would make me very ill.' Genevieve, who in the meantime was brought back into normal state, now completely gave Cathrine's previous opinion, and made the very same remarks. However earnestly all those who, having been present during this double act, tried to convince her that she had said exactly the same while she was in the hypnotic condition, she would under no circumstances believe them.

Dr. Giles de la Tourette remarks further in one of his works of 1887 about a subject, "M. Viélet," he says, "who during the hypnotic condition, and in a complete somnambulistic state one day, had a pen in his hand.

"I inquired of him if he would sign his name to a blank, which I then would fill out as I desired.' 'Yes,' he replied. 'Well, then, I could easily procure for myself a deed of all you possess, without you being at all aware of it.' 'No, that would be impossible, as I would be able to ascertain your reason before giving my signature. I could at least change my writing so that it would not be my usual signature.' 'That would not matter. I would have your name and that is all that would be required.' 'But under those conditions I would under no circumstances give my signature.' Surprised at the determined voice with which he spoke, I asked: 'But when I insisted on having you sign your name, you would consent, as

I have you completely in my power.' 'No, your power over me extends only to a certain degree, and if you would insist on me doing anything like that, it would occasion me great pain, and I would awaken.'

*The Marquis after that commenced the following observations:* "All my investigations regarding this science have convinced me that in regard to animal Magnetism *in the hands of conscientious and honorable operators*, we can only consider it as a remedial agent, with which to do as much good as possible; while in the hands of unscrupulous people it does not occasion any such fear as some suppose; partly because in a case of that kind the operator would not be able to secure complete submission; probably because even if that would be possible, the subject could not be successfully suggested to perform anything without seriously risking his health, and the operator would not then gain his object."

*It is clear to me* that hypnotism applied in the right way and in appropriate diseases, will result in so-called wonders—even in diseases where modern medicines have proved unsuccessful. As we have learned in this article from the enunciations of the best known hypnotists, the danger attached to hypnotic treatment is far from being so great as ignoramuses and its enemies claim. Several of our leading daily papers from time to time have contained articles referring to the danger of hypnotism when practiced by unscrupulous performers. It can not be denied that there may be, at times, some reason for anxiety, but in general this matter has been much exaggerated. Though hypnotism may be misused in a single case, there is no proof that this is often or successfully done. The hypnotizer must be a wretch, with nothing but bad intentions, who would take advantage of his momentary influence over his subject to suggest evil or criminal actions. But even to gain success in such a case the subject must in the normal state be an immoral or a very weak character, and, hence, easily influenced to do wrong. The

marquis

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operator in such a case is running a serious risk, as he may some day be unmasked, whenever his subject undergoes a new treatment by another hypnotist, who then discovers the abuses which have previously taken place.

## CHAPTER VI.

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### HYPNOTIC CLAIRVOYANCE.

THE MYSTERY PRACTICED BY MAGICIANS OF EGYPT—  
EXPERIMENT IN CLAIRVOYANCE—A STRANGE  
SEANCE IN EGYPT—EXTRACT FROM  
LANE'S WORK ON EGYPT.

“A few weeks after my second arrival in Egypt my neighbor, Osman, interpreter of the British consulate, brought a magician to me, and I fixed a day for his visiting me, to give a proof of his skill, for which he is so much famed.

“He came at the time appointed, about two hours before noon; but he seemed uneasy, frequently looked up at the sky through the window and remarked that the weather was unpropitious; it was dull and cloudy, and the wind was boisterous. The experiment was performed with two boys, one after the other. With the first it was partly successful, but with the other, it completely failed. The magician said he could do no more that day, and that he would come in the evening of a subsequent day.

“He kept his appointment, and admitted that the time was favorable. While waiting for my neighbor, before mentioned, to come and witness the performance, we took pipes and coffee, and the magician chatted with me on different subjects. He was a fine, tall, and stout man, of a rather fair complexion, with a dark brown beard. He was shabbily dressed, and generally wore a large green turban—being a descendant of the prophet. In his conversation he was affable and unaffected. He professed to me that his wonders were effected by the agency of

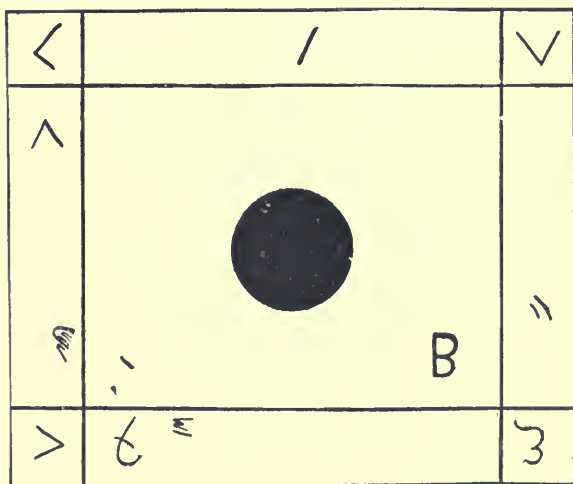
good spirits; but to others he has said the reverse—that his magic was satanic.

“In preparing for the experiment of the magic mirror of ink, which, like some other performances of a similar nature, is here termed ‘*darb elmendel*,’ the magician first asked me for a reed pen and ink, a piece of paper and a pair of scissors; and, having cut off a narrow strip of the paper, he wrote on it certain forms of invocation, together with another charm, by which he professed to accomplish the object of the experiment. He did not attempt to conceal these; and on my asking him to give me copies of them he readily consented, and immediately wrote them for me, explaining to me at the same time, that the object he had in view was accomplished through the influence of the two first words, ‘*Tarshun*’ and ‘*Tarzooshun*,’ which, he said, were the names of two genii—his familiar spirits.

“Having written these, the magician cut off the paper containing the forms of invocation from that upon which the other charms were written, and cut the former into six strips. He then explained to me that the object of the latter charm (which contains part of the twenty-first verse of the *Soorat Kaf*, or fiftieth chapter of the *Kur-an*) was to open the boy’s eyes in a supernatural manner—to make his sight pierce into what is to us the invisible world. I had prepared, by the magician’s direction, some frankincense and coriander seed and a chafing-dish with some live charcoal in it. These were now brought into the room, together with a boy, who was to be employed—he had been called in, by my desire, from among some boys in the street returning from a manufactory, and he was about eight or nine years of age. In reply to my inquiry respecting the descriptions of persons who could see in the magic mirror of ink, the magician said that they were a boy, not arrived at puberty, a virgin, a black female, and a pregnant woman. The chafing-dish was placed before him and the boy, and the latter was placed on a seat. The magician now desired my servant

to put some frankincense and coriander seed into the chafing-dish; then taking hold of the boy's right hand, he drew in the palm of it a magic square, of which a copy is here given.

"The figures which it contains are Arabic numerals. In the center he poured a little ink, and desired the boy to look into it and tell him if he could see his face reflected in it. He replied that he saw his face clearly. The magician, holding the boy's hand all the while, told him to continue looking intently into the ink, and not to raise his head.



MAGIC MIRROR.

"He then took one of the little strips of paper inscribed with the forms of invocation, and dropped it into the chafing-dish upon the burning coals and perfumes, which had already filled the room with their smoke; and as he did this he commenced an indistinct muttering of words, which he continued throughout the whole process, except when he had to ask the boy a question or to tell him what he was to say. The

piece of paper containing the words from the Kur-an he placed inside of the boy's ta-kee-yeh or scull-cap. He then asked him if he saw anything in the ink, and was answered 'No'; but about a minute afterward the boy, trembling and seemingly much frightened, said: 'I see a man sweeping the ground!' 'When he has done sweeping,' said the magician, 'tell me.' Presently the boy said: 'He has done.' The magician then again interrupted his mutterings to ask the boy if he knew what a 'bey-rak' (or flag) was, and being answered 'yes,' desired him to say, 'Bring a flag.' The boy did so; and soon said: 'He has brought a flag.' 'What color is it?' asked the magician. The boy replied, 'Red.' He was told to call for another flag, which he did, and soon after he said that he saw another brought, and that it was black. In like manner he was told to call for a third, fourth, fifth, sixth and seventh, which he described as being successively brought before him, specifying their colors—white, green, black, red and blue. The magician then asked him (as he did also each time that a new flag was described as being brought), 'How many flags have you now before you?' 'Seven,' answered the boy. While this was going on, the magician put the second and third strips of paper upon which the forms of invocation were written, into the chafing-dish; and fresh frankincense and coriander seed having been repeatedly added, the fumes became painful to the eyes. When the boy had described the seven flags as appearing to him, he was desired to say: 'Bring the Sultan's tent, and pitch it.' This he said; and in about a minute after he said: 'Some men have brought the tent—a large green tent—they are pitching it;' and presently added: 'They have set it up.' 'Now,' said the magician, 'order the soldiers to come, and to pitch their camp around the tent of the Sultan.' The boy did as he was desired, and immediately said: 'I see a great many soldiers, with their tents; they have pitched their tents.' He was then told to order that the soldiers should be drawn up in ranks;

and having done so, he presently said that he saw them thus arranged. The magician had put the fourth of the little strips of paper into the chafing-dish, and soon after did the same with the fifth. He now said: 'Tell some of the people to bring a bull.' The boy gave the order required, and said; 'I see a bull; it is red; four men are dragging it along, and three are beating it.' He was told to desire them to kill it, and cut it up, and to put the meat into sauce-pans and cook it. He did as he was directed, and described these operations as apparently performed before his eyes. 'Tell the soldiers,' said the magician, 'to eat it.' The boy did so, and said: 'They are eating it; they have done, and are washing their hands.' The magician then told him to call for the Sultan; and the boy having done this, said: 'I see the Sultan riding to his tent on a bay horse, and he has on his head a high, red cap; he has alighted at his tent, and sat down within it.' 'Desire them to bring coffee to the Sultan,' said the magician, 'and to form the court.' The orders were given by the boy, and he said he saw them performed. The magician had put the last of the six little strips of paper into the chafing-dish. In his mutterings I distinguished nothing but the words of the written invocation, frequently repeated, excepting on two or three occasions, when I heard him say, 'If they demand information, inform them; and be ye veracious.' But much that he repeated was inaudible; and as I did not ask him to teach me his art, I do not pretend to assert that I am fully acquainted with his invocation.

"He then addressed himself to me, and asked me if I wished the boy to see any person, who was absent, or dead. I named Lord Nelson, of whom the boy had evidently never heard; for it was with much difficulty that he pronounced the name, after several trials. The magician desired the boy to say to the Sultan, 'My master salutes thee, and desires thee to bring Lord Nelson—bring him before my eyes that I may see him, speedily.' The boy said so, and almost immediately added: 'A messenger

has gone and has returned, and brought a man, dressed in a black suit of European clothes; the man has lost his left arm.' He then paused for a moment or two, and looking more closely into the ink, said; 'No; he has not lost his arm; but it is placed to his breast.' This correction made his description more striking than it had been without it, since Lord Nelson generally had his empty sleeve attached to the breast of his coat, but it was the right arm that he had lost. Without saying that I suspected the boy had made a mistake, I asked the magician whether the object appeared in the ink as if actually before the eyes, or as in a glass, which make the right appear the left. He answered, 'That they appear as in a mirror.' This rendered the boy's description faultless.

"The next person I called for was a native of Egypt, who has been for many years a resident of England, where he had adopted our dress, and who had long been confined to his bed by illness before I embarked for this country. I thought that his name—one not very uncommon in Egypt—might make the boy describe him incorrectly, though another boy, on a former visit to the magician, had described this same person as wearing an European dress, like that in which I last saw him. In this present case the boy said: 'Here is a man brought on a kind of a bier, and wrapped up in a sheet.' This description would suit, supposing the person in question to be still confined to his bed, or if he be dead. The boy described his face as covered, and was told to order that it should be uncovered. This he did, and said: 'His face is pale, and he has a mustache, but no beard;' which was correct.

"Several other persons were successively called for, but the boy's description of them were imperfect, though not incorrect. He represented each object as appearing less distinct than the preceding one, as if his light was gradually becoming dim; he was a minute or more before he could give any account of the persons he proposed to see towards the close of the perform-



ance, and the magician said it was useless to proceed with him.

“Another boy was then brought in, and the magic square, etc., made in his hand, but he could see nothing. The magician said he was too old.

“Though completely puzzled, I was somewhat disappointed with his performances, for they fell short of what he had accomplished in many instances in presence of certain of my friends and countrymen. On one of these occasions an Englishman present, ridiculed the performance, and said that nothing would satisfy him but a correct description of the appearance of his own father, of whom he was sure no one of the company had any knowledge. The boy accordingly having called by name for the person alluded to, described a man in a Frank dress, with his hand placed to his head, wearing spectacles, and with one foot on the ground and the other raised behind him, as if he were stepping down from a seat. The description was exactly true in every respect; the peculiar position of the hand was occasioned by an almost constant headache, and that of the foot or leg by a stiff knee, caused by a fall from a horse in hunting. I am assured that on this occasion the boy accurately described each person and thing that was called for.

“On another occasion Shakespeare was described with the most minute correctness, both as to person and dress; and I might add several other cases in which the same magician has excited astonishment in the sober minds of Englishmen of my acquaintance. A short time since, after performing in the usual manner by means of a boy, he prepared the magic mirror in the hand of a young lady, who, on looking into it for a little while, said that she saw a broom sweeping the ground without anybody holding it, and was so much frightened that she would look no longer.”

#### AUTHOR'S COMMENTS ON THE ABOVE.

The subjects of this interesting experiment with the magic mirror drawn in ink in the palm of the hand were, I think,

persons in a light hypnotic state. Everyone who knows a little about hypnotism will understand this, when he notices the following: First, that the subject for the experiment was told to have his whole mind fixed on the coming subject; second, the continuous gazing at the figures drawn in the hand. One thing which is especially remarkable and impossible to pass without notice is that the subjects for the experiments in nearly all successful cases were minors, and consequently very sensitive and easily hypnotized. I feel, therefore, quite certain that I have the best reason for my opinion—especially as several times, with more or less success, I have tried the same experiments. And I have noticed that the subjects nearly always get paler, often breathe with difficulty, the pupils of the eyes become more than usually enlarged. Furthermore, the subjects were, for a few minutes after the sleep, somewhat beside themselves, which showed the results of self-hypnotism.

#### CLAIRVOYANT EXPERIMENTS IN GOTHENBURG, SWEDEN.

When in Gothenburg, Sweden, about seven years ago, I gave a lecture and hypnotic seance in the home of a well-known Swedish nobleman, Count Y——. A few words about the magic mirrors made the count ask me to try this experiment. In the audience were about 25 to 30 persons—all friends and acquaintances of the family; but I saw in an instant that I could do the experiment with none of them. It was somewhat late in the evening, about 10 o'clock. A broker in the audience said that a girl of 10 or 11 years of age, the daughter of one of his employes, very well answered the description I had given of a sensitive. He gave her name and address, which was near by, and a messenger was hurriedly dispatched to secure her presence. The messenger returned with the girl, as the parents did not at all object to the experiment. We continued the seance; the girl was remarkably sensitive and a superb clairvoyant. She was told to

see the Countess X. in Stockholm. She answered "yes" without the slightest hesitation, and gave a full description of the countess and the room in which she (the countess) was that very same evening. (Stockholm, the metropolis of Sweden, is 350 miles from Gothenburg, and the little girl had never seen the lady in question). Then she proceeded to give a minute description of a young gentleman whom she saw in the same room together with the countess. Several in the audience were laughing; the description was very accurate, and the very picture of Count Y., who had been for the last six months the countess's very ardent and favored admirer. But at last the description became somewhat exaggerated and a little frivolous, so I was obliged to cut short the experiment. Something concerning the countess and her lover was not pleasant for the audience, and especially Baron V. looked very annoyed. I pitied the countess, too, who, in supposed safety behind locked doors, thought herself barred out from the world's slander, knowing nothing about the fact that she really was on public exhibition. The next night I went to Christiania, on a four months' trip through Norway, to lecture upon hypnotism. When I again reached Gothenburg, I met my former host. He told me that he in the meantime had looked the matter up concerning our somnambulist's description of the countess, and found everything correct. Also a laughable situation, which she had the same evening predicted for the countess, on a certain day, proved to be correct.

A GYPSY PALMISTER PROVES AN EXCELLENT CLAIRVOYANT  
AND PREDICTS FOR THE DANISH ROYAL FAMILY  
ITS FUTURE DESTINY.

*Christian IX, King of Denmark*, is the son of Wilhelm, Duke of Schleswig-Holstein, Sönderborg and Glücksborg. He was born April 8th, in the year 1818. When a poor prince he married Princess Louise, daughter of the Duke of Hessen-

Cassel—and yet you can hear from high and low the old story, which is like Andersen's fairy tales, about the young princesses, Alexandria and Dagmar, sewing their own gowns and helping their mother in the house—the two fairy daughters of Denmark who some day should be, one the popular Princess of Wales, with the double crown as Queen of England and Empress of India waiting for her graceful head; the other empress of the vast Russias, the mild, loving light in the life of the great Czar.

But in their early childhood days it was nothing unusual to see the whole family—father, mother and children—together in one carriage; and it is said that the king, who then lived in Copenhagen as officer in the army, was obliged to give lessons in drawing to earn enough for the necessities of life. On a trip through Germany, the princely officer, his wife and three daughters met a gypsy, who begged permission to read the young daughters' destiny in the palms of their hands. None objected; she predicted that the Princess Alexandra, now married to the Prince of Wales, in the future was destined to wear a double crown; that Dagmar, now Empress of Russia, should be the head of a great empire; and Thyra would get the title of queen, but no kingdom. As it is known, the last princess is married to the Duke of Cumberland, by right—but on account of the iron hand of the German Empire, only by name—the King of Hanover. The princesses were laughing, without the slightest idea that every word would prove to be the truth. Of course it was for them as castles built in the air. There was no luxury, no splendor, in the house of the poor officer, no great receptions of emperors and kings, but it was a home, a home as happy as but few in the whole of Europe. And still now—yes, that is the best proof—once a year, every summer, the world's eyes are turned to Fredensborg, the Danish king's country residence. There they gather together—with nearly as little space as once in the small carriage—daughters and sons, with their husbands and wives, nearly the whole royalty of

Europe, with children and grandchildren, and pass their days in sunshine and happiness with the father-in-law and the mother-in-law of nearly the whole of Europe.

The gypsy prediction has proved to be true—everybody knows it is true.

## CHAPTER VII.

### CRYSTAL VISIONS.

MARVELLOUS EXPERIMENTS PRODUCED BY LOOKING INTO A  
TUMBLER OF WATER AND A PLAIN CRYSTAL.

Mr. F. W. H. Myers says in December number of *Psychical Research*, 1892: "I will add a few detached cases of crystal vision for which the authority seems good. In the first case the seer, now married to an Englishman, is known to me, and the witnesses, Colonel Wickham and his wife, Princess di Christofaro, (whose acquaintance I made in consequence of their publication of the following incidents in *Light*) have assured me that the following incidents, although now the only ones which can be clearly remembered, were paralleled by several others during the time of Ruth's possession of the power which seems now to have left her. She has never been in any way a professional clairvoyant, and is, so far as I can judge, a trustworthy person. The value of the following case, however, does not depend upon her trustworthiness, but on the recollection retained by Colonel Wickham and his wife of incidents, which, even if we suppose errors of memory as to details, were of a very definite type.

Early in the spring of the year 1885, I was living at Colaba with my husband, a major of the Royal artillery. Colaba is the Royal artillery station, and is situated about two miles from Bombay. For some little time I had been studying Gregory's Magnetism. The subject possessing a peculiar fascination for me, I had experimented occasionally, with varying success, on the different servants (Indian for the most part) of my estab-

lishment. Over one girl, a half-caste, my children's nurse, I possessed great influence, and used frequently to magnetize a tumbler of water, so that by making her look therein I might learn what my friends at a distance were doing.

This girl was no ignorant native, but a well-educated young woman, able to read and write, who spoke English nearly as well as I do myself, having been educated in the Protestant training school at Belgaum. Many things which this girl told me, I have since discovered to have actually occurred; others I have never yet been able to verify.

One day, the morning Lord Reay was expected to arrive in Bombay, the Royal artillery (of which my husband was then in command) was, together with the other European troops quartered at Calaba, ordered to line the approach to the landing place at the Apollo Bunder, all officers having to appear in full regimentals. We were still sitting at breakfast when my husband called to his orderly to get out his uniform and place it ready for him to put on. The man soon returned, and with a bewildered air, stammered, as he salaamed before his master: "Sahib, me no can find the dress pouch-belt." "Don't talk nonsense, you must be as blind as a bat," ejaculated the major, as, rising impatiently from his seat, he walked into the dressing room. Soon, his voice, raised in angry exclamation, burst on my ears. From what I heard I gathered that the dress pouch-belt was really not to be found, and further that my enraged husband was accusing each and all of his servants of having appropriated it. Piteous cries of, "Not me, sahib, me good man, me not tief," filled the air. The jabbering, yelling and hooting was perfectly deafening. My husband returned to the breakfast room. "Now then," he said, "here is a brilliant opportunity of testing the verity of Ruth's clairvoyance. Get her up here and ask her to find my pouch-belt." I called Ruth, who appeared pale and trembling, half imagining we suspected her of the theft. When I explained to her what I required of



her she at first begged to be excused, declaring that her fellow servants would never forgive her should the thief be discovered through her instrumentality. I quieted her fears by promising her that should she see the face of the thief in the tumbler she need only reveal the fact to me; that I would not tell the sahib, but would speak to the pilferer of the belt myself, and on his restoring the missing article would condone the theft, not letting my husband know who had purloined the belt.

Filling a tumbler with water, I placed my left hand under it, and made passes with my right over it. I then bade Ruth taste it. "It is bitter enough, I think," she said. "If mine sahib pleases to mesmerize me, I think I can see now." Perhaps it may be as well to mention here that Ruth always declared the mesmerized water had a bitter flavor after being operated on. I have frequently mesmerized one tumbler of water and placed another, similar in appearance in every respect, beside it. I have then called Ruth and asked her which was the mesmerized and which was the untouched water. She would taste both and each time invariably detected the difference. Strange to say, also, when I at one time purchased a powerful magnet (thinking that perhaps it would prove a more powerful magnetizer than my own hand), Ruth declined to look into the water so magnetized, declaring that she saw flames in it, and that they leapt up as if they wanted to scorch her face! It was of no use my trying to deceive her; she invariably knew which was the "condemned tumbler" (as she called it).

Having made this lengthy, though somewhat necessary digression, I will now proceed with my story. We left Ruth just ready to look in the tumbler. She bent her head over it, and a silence of a few seconds' duration ensued. "Can you see anything, Ruth?" at last I said. "No! mine sahib, nothing." "Look for the thief," I commanded firmly, making fresh passes over her head and the back of her neck, but all to no purpose. Ruth persisted that she saw nothing. I began to

think that she was an impostor, and had humbugged me systematically throughout.

Suddenly an idea struck me. We would try another way. "Ruth," I said, "look for sahib the day he last wore the dress pouch-belt." Silence again. Then, "I see sahib," said the girl dreamily. "He is dressing, he puts on his uniform, now the pouch-belt. Ah! he has left the room." "Follow him," I said firmly. "Sahib is getting on his horse; he is riding away." "Don't leave him a moment," I cried. "Ah! but he goes so fast. I am tired," gasped the girl breathlessly. "Go on," I said. "Sahib is with the other sahibs, and there are many soldiers and people. It is a grand Tomasha; some great person is going away. They all stand near the water." "Then rest," I said, "but don't take your eyes off sahib." She was silent for a brief space, then said, "Sahib has gone into a big house by the water. He goes into a dressing room. He changes his clothes, all his regimentals are put in his tin case, but the pouch-belt is left out. It is hanging on a peg in the dressing room of the house by the sea."

"The Yacht Club!" cried my husband. "Patilla" (to his orderly), "send some one at once and see if the belt has been left there."

Patilla salaamed and retired, followed by the rest of the servants.

"I wonder," mused my husband, "if I really left it at the Yacht Club after all? The last day I wore it was when Lord Ripon left for England."

"We shall soon see," said I, triumphantly. "I, for one, have no doubt whatever that the belt would be found there."

In as short a time as was compatible with the distance to be traversed the messenger returned. The rush of many feet and the jabbering of many voices convinced me before I saw him that his quest had been a successful one.

He ran panting up the stairs, the belt held high above his head. He had found it as Ruth had seen it—in the house by the sea, hanging on a peg in a dressing room of the Yacht club.

Ruth could have had no idea where the belt was left. She had been with me a short time, and entered my service long after Lord Ripon's departure from Bombay. In the spring of the same year I was much interested in a polo tournament about to be held at Meerut. A then great friend of mine was to take part in this, and as he was addicted to falling off occasionally, though in reality a splendid rider and player, I was feeling rather anxious on his account. I again called Ruth to my assistance. We shut ourselves up in my room and I mesmerized the water as before, Ruth, however, requesting me to place a piece of brown paper under the tumbler of water, declaring she could see more plainly when that was beneath it. She placed her hands around the glass to exclude the light.

"Go to Meerut," I said, steadily.

After impatiently waiting for about ten minutes, Ruth said: "I am there."

"Find Sahib —," I said, mentioning the name of my friend.

"I see a tall, dark man, dressed in blue and white; he has a light black mustache, and is thin, with large, fierce eyes."

"Follow him and see how he gets on."

"He gets on all right, but the other side is winning. Ah!" she cried out, piteously, "a gentleman has been bitten by a horse in the leg. He is in great pain."

"Not my friend?" I inquired anxiously.

"No! Not Mem Sahib's friend; this is a fair gentleman, red faced, with very light hair."

"Ask his name," I said, fixing my eyes intently on her, and exerting my will power to its uttermost.

"I can't; how can I?" she said doubtfully.

"Do as I bid you," I replied firmly.

"I will ask himself," she said, "if you can make me visible to him."

I tried with all my might; all to no use.

"Stop! I hear his name: it is Captain ——"

I almost jumped out of my chair with delight. My friend, I thought, she might have recognized from his photograph; but this other man she had never seen, never heard me mention. Indeed, I had never even thought of him since I left the up-country station in which my husband's battery and his regiment had previously been quartered.

I don't remember now which side it was that eventually won the tournament, fully five years having elapsed since that time; but this I do remember, however. When my husband returned in the evening, I asked him if he had any news of the polo tournament. "No," he said, "we shall not hear until to-morrow."

"I can give you some news, though," I said. "Ruth asserts that Captain ——, of the Seventeenth Lancers, has been bitten in the leg—is all right, though; but from what Ruth saw I fancy our friends were losing." My husband laughed. "We shall see to-morrow if Ruth is again right," he said.

He told the officers of the Royal artillery mess of my last "tumbler-telegram," as they called them, and I believe much merriment was excited at my gullibility. Let those laugh who win, though. The telegrams the next day proved Ruth's story to be perfectly correct in every particular.

Soon after this a friend of my husband's came to see us. This gentleman was the cantonment magistrate at Assizurgh. My husband was telling him about Ruth and her strange powers, when he asked me if I had any objection to his testing them, to the end that he might recover some valuable property he had lost.

"I must tell you, however," he said to me, "that I am an utter skeptic; and it will require strong proof to convince me."

I felt rather offended, for if the girl was a humbug, I was a dupe or worse. I sent for Ruth, who was as indignant as myself. At first she distinctly refused to do the sahib's bidding, but I impressed it upon her that the credit of both of us was at stake, on which she at length unwillingly consented. The usual preliminaries having been gone through, he questioned her through me, as follows:—"Go to Assizurgh and describe my bedroom in it."

This she did; correctly, too, as he at once acknowledged.

"Now tell me what I lost?"

"I see a box, not a large box. It is a tin one; it contains money and a roll of papers."

"Right you are," exclaimed the astonished Major. "Now, tell me where that box is now?"

"It is in a small room. Shall I open it?"

"Yes; and tell me what is in it."

She paused a little.

"Only papers, Sahib, the money is gone."

"Describe the man who took it."

"He is not there; the room is empty."

"Look for him."

"He is in Sahib's room. He is a little, dark man, with a pleasant face; his dress is white; he has a scarlet cammerbund, and a scarlet and gold turban. He has a scar on his left hand."

"My butler, by jingo! The very man I suspected, too," said the Major.

\* \* \* \* \*

A few days afterwards, when Major —— had returned to Assizurgh, he wrote to me and told me he had found the box, as described, in his servant's house, or, rather, cabin, but that no papers remained in it. It was empty. This was the thing that was not correct in Ruth's statement.

I concluded she saw the box before the papers were removed from it. I often found that she did not seem to have

much control over time, as regards *past* events, though she would decribe the actual occurrence rightly enough.

At another time I lost a piece of pale, pink satin embroidered with silver. It could be found nowhere. I was unwilling to believe that either of my servants had taken it, for they were devoted to me, and had one and all been in my service a long time, with the exception of my Dirzee (a native tailor). I could not suspect him of having taken it, as he never, by any chance, as far as I was aware of, had access to my rooms. However, through Ruth he was detected as the thief, and returned the missing article, though he spread the report that I was a witch afterwards, on hearing how the theft had been discovered.

In this case, as will be observed, the visions are of the retro-cognitive type. Of the same class is the incident that follows, which I quote from a recent article in the *Contemporary Review*, called "Trace," signed with the pseudonym of "I. M. Soames." Its writer, as I am allowed to state, is Major Schreiber, a retired officer, known to me.

We arranged an afternoon for our experiments on the crystal, and after tea was over we set to work. My wife was placed in a very comfortable chair, and the lights were turned down—not out, by any means, but so as not to dazzle the eye, while at the same time everything was distinctly visible in the room. I put her to sleep and gave her the crystal. The effect was instantaneous. She commenced speaking at once, and said :

"Oh, what lovely flowers, and what a perfume!" And she began to draw her breath through her nose, as if inhaling the scent of flowers. I asked her then where she was. She said: "I am in the most lovely garden I have ever seen. It is not in England. I am standing in a broad pathway; on one side is a hedge of white azaleas, and on the other pink. They are about six or seven feet high; between these hedges and the path there are broad borders, in which are planted these

sweet-smelling flowers. There are beautiful trees all about the garden, such as I have never seen before, and at the end of the path is a little black and gold house, with such a funny little man sitting outside."

This dream I ordered her to remember when she awoke, and there is a sequel to it that I will relate further on.

She resumed: "I can see now a small shop at the junction of two streets, and a door opening on each street. In the middle of the shop is a glass case, like those one sees in a jeweler's. There is a tall man, very much like a Jew, with a long black beard. He is bargaining with another man."

"What is the other man like?" I asked.

"He is about the middle height, and has gray hair and mustache, a plain face. I know him. I have seen him, but I can not tell you his name. The funny little man has come down from the garden, and is sitting outside. He seems very much interested in what is going on in the shop."

Then followed a few more details that I do not remember. I then asked:

"Can you describe the situation of the town in which the shop is?"

"The town is a seaport, standing on a large bay. The coast seems nearly to join at the mouth of the harbor. On the land side it is backed by mountains covered nearly to the summits with the most luxuriant vegetation."

Then came a pause, and she continued: "I am on board ship. The man I recognized is here too. Oh, such a dreadful storm; the ship is rolling about most fearfully. I cannot go on. I must go and lie down. I feel so ill."

My wife exhibited all the symptoms of sea-sickness, and as I feared a full realization of the malady might follow, I woke her up, thinking we had obtained sufficient information for what we wanted.



The member of the society who had brought the crystal took it back next day to the owner, who was the man with the gray hair and mustache, and gave him the information we had obtained the evening before. He told our friend the name of the town; and, although he would not own up to the truth of the story, it was easy to see that the information we had obtained was true in every detail. People of his sort are very unsatisfactory to deal with.

The curious sequel that I alluded to lies in the fact that my wife and myself were one day, some months afterwards, going through one of the big museums in London. I was looking at a case of curiosities, and my wife was some little way from me, when I heard her exclaim:

"I have been here. I know the place quite well. That is where the little man was sitting, and there is the little black and gold house."

"What nonsense are you talking?" I said. "That is impossible."

But then I remembered the experiment with the crystal, and upon going up to see what my wife was looking at, I found it was a model of the garden in the town where our gray-haired friend had owned to having obtained the crystal.

Enough, perhaps, has now been said to suggest to the reader that this crystal vision, which has long been regarded as a mere superstition, may in reality be used with profit as an empirical method of educing from the subliminal self a number of pictures—very unequal, indeed, in value—but of which some, at least, appear to imply a telepathic or clairvoyant extension of ordinary knowledge.

## CHAPTER VIII.

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### MAGNETS AND OD.

#### MINERAL AND PERSONAL MAGNETISM AS METHODS OF CURE.

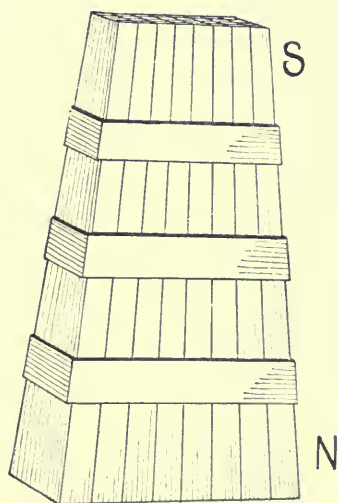
“Nature hears but one kind of questions — they are experiments. Her answers are phenomena.”

The Greeks in olden time called the magnet stone *μάγνης λίθος*, in short *μάγνης*. Correctly translated *μάγνης* is the magic fluid stone. The word *μάγνης* consists of two Phœnician words מַג־נַז (*mag-naz.*) The first one is recognized over the whole Orient as referring to a pontifex, a priest, a magus, a man who possesses great powers and knowledge; and from that descends the Greek and Latin words *μάγος*, magus, a magician, and *μεγας*, magnus (great).

The second word נַז (*naz*) is a root word, which in Hebrew and Arabic expresses all that is fluid, flowing, waving. From this comes the Greek *νόος*, genius, knowledge, soul. The word magnetism expresses, therefore, the magic power of the soul. But when Mesmer gave this name to the phenomena which he produced with his patients, he did not know anything of the old Greek theory upon this subject. The phenomena that Mesmer produced had a strange likeness to the magnetic phenomena and this led him to choose this explanation; and he did not think of the deeper meaning, which makes this word so appropriate for *ύπνος*, sleep.

The power of the lodestone to attract iron was known even in the olden time. On this account the people called it the “living stone.” Its powers were not considered as limited to iron; but people ascribed to it a great influence on the human

body. One of the old Rabbis relates that the vapor from this stone placed on glowing coals, and inhaled, renders anybody unconscious; and he claimed that it was in high favor with thieves and robbers on account of its intoxicating qualities. It was credited, also, with great influence upon the feelings and sentiments, as it could create esteem and courage, and was of utility in maintaining friendship with absent friends. It was therefore manufactured into amulets which were considered very



BUNCH OF MAGNET RODS, FOR PASSES OVER THE BODY  
—AFTER MESMER'S MODEL.

precious. The old magicians and scholars attributed to it another power—the one of exalting the imagination and summoning fantastic vision—especially when the amulet was ornamented with a figure of symbolic character. But for one certain power the lodestone was held in the highest esteem; it was believed that, under certain conditions, it would create love; and for this special qualification it was utilized as a necessary addi-

tion in love potions. At the same time the lover could carry a magnet-amulet on which was engraved a picture of Venus. This would make him altogether irresistible. But the stone was not excellent alone as a means of creating love; for by its aid, unfaithfulness in love could be discovered. The French poet, Marbodacus, living before the twelfth century, made the magnet the subject of one of his most brilliant poems. He expresses himself in this way: "If you wish to be certain of your wife's faithfulness, place the magnet-stone at her head while she is sleeping. She will then, if faithful to you, kindly open her arms to embrace you; but if not, she will commence to tremble as in great anguish and forced by the might of the stone, she reveals the *errings secretly committed*."

*The natural magnet's well known quality* to draw iron toward itself and retain it was known as we see in the olden time; and even then it was the object of earnest but fruitless admiration. The name originates from magnet first being found near the city of Magnetia in Asia Minor. The first use that was made of the magnet's power was its employment in glass melting works; but aside from this limited use the ancients for a long time simply admired and wondered at the power of the magnet, without thinking of its further practical employment. After having discovered that a piece of steel after having been in connection with a natural magnet became itself magnetic and had the quality, when hung up in the room, of always occupying a certain position—that of north and south—it was then decided to employ the magnet on sea and overland journeys to ascertain the quarters of the globe. It was not alone the above mentioned powers of the magnet that in olden time was the reason for it being considered a valuable object; but its influence on the human body also made it a valuable remedy in the medical science. We often find in old works the magnet mentioned as a remedy; and it has as such stood in especial favor among the people of India, Egypt, Arabia, Palestine and China.

A number of diseases were cured through its power, and it was especially valued as a styptic and a quieter of the nerves. The first of these qualities were ascribed to the magnet's mineral connections, while the other was attributed to the special properties contained in the magnet. It was only in the last century when electricity was approved of as a remedy in the medical science, and when the relationship was established between the electric and magnetic powers, that attention was again drawn toward the magnet; and scientists again began to study its direct effect on the human body. The old authors' accounts were again brought to the surface and consulted, and it was found that passes or only a continual contact with the magnet was used with successful results in different diseases—especially neuralgia, rheumatism and headache. In the following manner the Italian Petrus Borelli (1656) writes: "Treatment by magnetism secures both men and women from a number of diseases that medicine is unable to cure." The celebrated Paracelsus used the same method to accomplish wonderful cures which he performed all over Europe. Magnets used for passes have the usual form of a horse shoe, and are as a rule constructed of three different plates and are evened up near the poles, or they are formed of rods, single or in bundles. The smoother each single surface of the plate is ground and fitted, the better the magnet will keep and the more powerful is the effect.

Gloceus, Burgrave, Helinotius, Robert Fludd, Kircher and Maxwell believed that in the magnet they could recognize the properties of that universal principle by which minds addicted to generalization thought that all natural phenomena might be explained. John Ioptest Van Helmont was an eminent physician who lived between 1577 and 1644. He discovered the laudanum of Paracelsus, the spirit of hartshorn and the volatile salts, and to him we owe all the first knowledge of the elastic aeriform fluids, to which he gave the name of *gas*, which they still retain. Van Helmont's explanation of magnetism is as

follows: "Magnetism is that occult influence which bodies exert over each other in presence of each other and also at a distance, whether by attraction or repulsion." The medium he designates, "Magnab Magnum."

We know that it is healthy to live in an atmosphere filled with the restorative emanations given out by bodies young and full of vigor. We see in the third book of Kings that David lay with comely damsels to warm him and to give him a little strength. According to Galen and others, Greek doctors had long recognized in the treatment of sundry consumptions, the advantage of making the patients take nourishment from the breast of young, healthy nurses; and experience had taught them that "the effect is not the same when the milk is given after being caught in a vessel." Cappivaccius saved the heir of a great house in Italy fallen into marasmus, by making him lie betwixt two vigorous young girls. Forestus tells how a young Pole was cured of marasmus by spending the days and nights with a nurse of twenty years; and the effect of the remedy was as prompt as it was successful. Finally, to bring this subject to an end, Boerhaave used to tell his disciples of having seen a German prince cured by this means, employed in the same way which had succeeded so well for Cappivaccius. There is not a housewife but knows that it is not good for a child to sleep with an aged person, though the latter enjoy perfect health.

Remember what Shakespeare says:

Crabbed age and youth  
Cannot live together:—  
Youth is full of pleasance,  
Age is full of care;  
Youth like summer morn,  
Age like winter weather;  
Youth like summer brave,  
Age like winter bare.

In other times there existed in the mountains of Auvergne a custom that may well be mentioned. When any traveler arrived

at a hostelry, feeble, sickly or benumbed by cold, they asked him if he wished a warmed or brasiered bed; naturally his answer would be: "I want a good warm bed." When about to get into the bed he would be much surprised to see a chubby, hearty, well-complexioned fellow leave it, enveloped from head to foot in a clean linen shirt. The next morning our man would be sure to inquire if it was the custom to give one a bed in which another had slept. "Sir, you asked that your bed should be warm, and we warmed it for you. If you had wished it brasiered we would have heated it with a brasier."

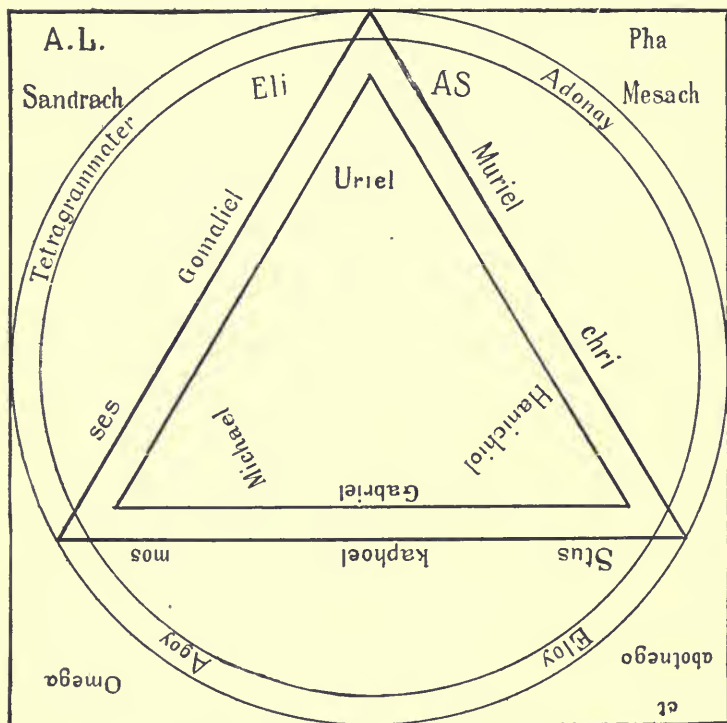
"What difference is there between these two methods?" "O, sir, much difference, the bed warmed by a young, strong, healthy person is far more restorative and strengthening."

Let us remember what Hippocrates says: "Certain wise physicians even among the ancients were aware how beneficial '*to the blood*' it is to make slight frictions with the hands over the body. It is believed by many experienced doctors that *the heat*, which oozes out of the hand, on being applied to the sick, is highly salutary and soothing. The remedy has been found to be applicable to sudden as well as to habitual pains, and various species of debility, being both renovating and strengthening in its effects. It has often appeared, while I have thus been soothing my patients, as if there were a singular property in my hands to pull and draw away from the affected parts aches and divers impurities, by laying my hand upon the place, and by extending my fingers toward it. Thus it is known to some of the learned that health may be imparted to the sick by certain gestures, and by contact, as some diseases may be communicated from one to another."

"When we observe," says Hufeland, "the effect produced by placing newly-killed animals on paralyzed members, and live animals on parts of the body that are suffering pain, it does seem that this therapeutic method ought not to be spurned."



For advancing this method of healing, Anton Mesmer and Dr. Gessman, both of Vienna, deserve mention. Mesmer discovered the so-called animal magnetism, but before he publicly brought forward the theory concerned, he, with the assistance of artificial magnetism, gave treatment according to a peculiar



EGYPTIAN CABALISTIC MAGIC MIRROR.

iar system. Later on Doctors De Noble, La Fontaine, Nuzer, La Cour, Bolten, Du Jardin, Hensius, Hemman, De Harsee, D'Aymier, and dé la Condamine used Mesmer's methods and established the benefits of magnetic treatment. The

public announcements by De Noble caused the Royal Society of Medical Science, in France, to direct D'Audry and Maudnyt to commence investigations and studies regarding treatment by artificial magnetism. The two gentlemen mentioned returned a verdict greatly in favor of the magnetic power as a method of cure. For the last fifteen years this method of treatment has been the cause of great sensation and advancement in Europe, especially in France, Germany, Italy, Austria, and the Scandinavian countries and it is applied by many prominent physicians.

Another interesting method of treating diseases, which is often applied in the Orient, is the use of the so-called "Egyptian Magic Mirror." This mirror is a well-polished steel plate, with an engraving of two circles and two triangles in which there are inscriptions of cabalistic words. With the elbow resting in the lap, the patient takes hold of the mirror with the left hand, constantly gazing at the center of the triangle. After a lapse of a few minutes the healer performs manipulations from the head of the patient down to his feet, his hands especially resting at the afflicted part of the body. It is particularly interesting to notice that patients who secure this method of treatment, will often during this obtain a special power of clairvoyance, so that they become able to penetrate the mystery and obscurity of the future and predict concerning its happiness and occurrences. At the same time they can describe what goes on at places distant and completely unknown to the patient. In this last case mediumistic persons will especially succeed. The patient will not go to sleep, but will remain fully awake during the entire treatment, and the phenomena spoken of has a direct relation to hypnotism, which assists in the development of his ability aided by the manipulations and the constant gazing at the magic mirror.

"But the Spirit is given to every man to profit withal. \* \* \* To another the gifts of healing."—*I. Cor. 12: 9.*

THE ART OF MANIPULATIONS AND PASSES BY THE HANDS  
ON THE DISEASED PART OF THE BODY, AND  
THE CURE OF DISEASES.

I have applied the hand with great success, in hundreds of cases, and in that manner have cured patients of their disease when all other methods had been employed without deriving any benefit—especially in all nervous diseases. It is absolutely



MODERN MANIPULATIONS.

necessary for the magnetist to have warm and *perfectly dry hands*. If the hands are damp, and not warm, he will not be able to affect the diseased parts. Treatment will not alone be very unpleasant for the patient, but it will be without any healing, quieting results. For the magnetist to be able to remove pain, and affect the nerve system and circulation of the blood in a beneficial way, the hands should, as above mentioned, be dry and fairly warm. The operator also should be mentally clear and self-poised. It is also required of the magnetist to be tranquil and determined in appearance and proceedings, concen-

trating his whole mind and will-power on what he undertakes, and consequently he should be fully possessed of the one thought—that of helping the patient during the treatment. It is of course required of him to have studied and acquainted himself with the method of healing. This method of cure is very old, and was often used in the Eastern countries. Scripture mentions on several occasions treatment by passes. Valentine Greatrakes, an aristocratic Irish officer, and Gassner, formerly a monk, have made themselves quite prominent in Europe by similar cures, as has also Dr. Phil. Baron von Reichenbach.

Baron Reichenbach, the eminent German scientist and physician, by a vast series of experiments, proved the existence of a fine spiritual emanation from all objects, especially from human beings, and he called it "*Odic Force*." Has it not occurred to physicians that it would be well for them to look into these subtle forces, and see if some better understanding of the inculcatory system cannot be arrived at, in order that they may achieve more success? The "mechanism of the circulation," says Dr. Buchanan, "is sufficiently understood, but our mechanical knowledge of the circulations, derived from Harvey and his successors, does not give us the law of the distribution of the blood. The knowledge of the channels and hydraulic apparatus, without that of the forces which preside over the circulation and distribution of the blood, is comparatively a meagre specimen of the knowledge."

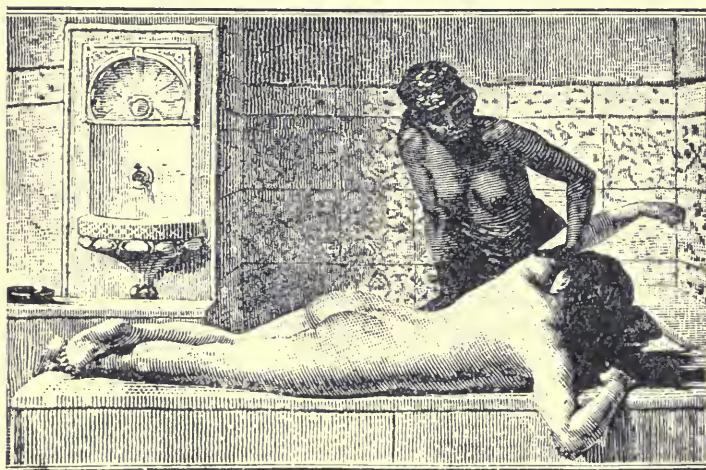
*If that be true which Shakespeare has affirmed:*

*"One touch of nature makes the whole world kin,"—*

*the influence of the human hand must be universally acknowledged.*

It has a language of its own, it can appeal from man to man, it can bless, and it can cure. The most ancient belief connects it with authority and power. The holding up of Moses' hands gave victory to the Israelites. "And it came to pass, when Moses held up his hand, that Israel prevailed, and when he let

down his hands Amalek prevailed." Gifts of healing, not less than of power, belong to the hand by prescriptive right. If the potency of the royal touch in curing the king's evil be but a superstition, let us remember that it took its origin from a holy source. Christ and his disciples laid their hands upon the sick, and they were healed. The miracles of our Lord were remarkably accompanied by actions of the hands, as if they were in some manner connected with that external means. In restoring sight and hearing, he touched the eyes and ears of the afflicted



ORIENTAL MANIPULATION—AFTER THE BATH.

persons. Even the imparting of the gift of the holy spirit followed the imposition of hands; and this external sign of a spiritual agency is still retained in the church. Who that has undergone or witnessed the beautiful rite of confirmation, but has felt its power. The eye and the hand, then, appear to be fitting instruments for transmitting potential and remedial agencies. If we seek for such a general instance of the influence of one human being on another as may seem like that mutual loss and

gain and interchange of vital force, which is the principal wonder in mesmerism, we have only to look at the effects produced when young people sleep with old. Since the days of King David it has been known that the latter are strengthened at the expense of the former. Some painful instances of this have fallen under my own observation. Rev. Chauncy Hare Townshend, A.M., relates a case in which the future well being of a person very dear to him was compromised. I was acquainted with an infirm old lady, who was so aware of the benefit that she derived from sleeping with young people, that, with a sort of horrid vampirism, she always obliged her maids to share her bed, thus successively destroying the health of several attendants. Even among animals it has been found that the young cannot be too closely associated with the old without suffering detriment. Young horses standing in a stable with old ones become less healthy.

The celebrated German physiologist, Hufeland, has remarked the longevity of school masters, and he attributes it to their living so constantly amidst the healthy emanations of young persons.

I have in the last fourteen years performed a great number of cures by this method, and generally the patient had been given up by physicians. Several of the most prominent scientific periodicals in Europe have in most flattering terms reported a number of my successful treatments, some of which were performed in connection with prominent physicians.

I desire to remark, in passing, that my observation, as well as my experience, would indicate that this treatment is especially successful in nervous and muscular ailments; for in these departments of pathology, I have attained, and have known of others attaining, the most remarkable results.

MENTAL ELECTRICITY, ALSO CALLED NERVE ETHER OR LIFE  
ELECTRO-DYNAMISM.

We proceed simply from the fact that a certain force or vitality is contained in the nervous system, which is usually called



vital force or nerve-power. If this force or power is present in sufficient quantity, the individual may be considered healthy; but when this force is disturbed, by either external or internal influences, the individual becomes sick. We may reasonably presume that all, or at least nearly all, diseases are due to impaired nerve function. A cure, therefore, is secured when a proper equilibrium in the nervous system has been regained. This may be accomplished by the skillful application of the so-called magnetism. As an example it has been demonstrated



JAPANESE MAGNETIC HEALER.

that this treatment has cured pathological swellings, due to congestion; these conditions are invariably caused by a lack of nerve energy. Strange to say the vital force of the magnetizer is transmitted to the patient. By this treatment many unfortunate sufferers have been cured of paralysis in its various forms, and have thus been enabled to walk, after years of complete helplessness. New vigor has been infused into those who have become debilitated and prostrated from long continued disease. It will almost invariably alleviate the most intense physical suffer-

ing—when even the deadly morphine has failed. Unfortunately all patients cannot be cured through the influence of magnetism; some are not susceptible to its benign influence. Only from five to ten per cent., however, may be placed in this unfortunate class. In order to test an individual's susceptibility successive strokes or passes are made over his arm. If the subject, after a few of these passes, experiences heat, cold or tingling in the arm, he may be considered susceptible. As regards the effect of magnetic treatment, whether the subject or patient is a believer or not in the efficacy of the treatment, all that is required of him is that he endeavor to place himself in a quiet and peaceful state of mind during the treatment; for thereby a transmission of the invisible, but still well known, vital force from the healthy individual to the sick takes places. To demonstrate the reality of magnetism, a simple experiment will suffice. The successful magnetizer places his hands over two glasses filled with water. In the space of five minutes a decided difference in the taste of the water contained in the glass over which the left hand has been held from that over which the right hand has been held, will be distinctly observed by anyone of fair sensitiveness. Strangely enough, the water through which the magnetic current has passed from the left hand will be lukewarm and have a disagreeable taste; whereas that acted upon by the right hand will be fresh and sparkling. This difference is due to the fact that the right and left hands are opposite magnetic poles—the one positive, the other negative. The magnetic life-force which in this manner is transferred to the water can also be transferred to the body of another individual.

Fortunately this can occur through clothing, glass; yes, even walls, as it also may be transmitted at a distance of a yard. It travels through media with a velocity greater than that of heat, and second only to electricity. This matter, or fluid, is even visible to the naked eye. This, which certainly must be regarded as the strangest and most occult phenomenon, may be



demonstrated in the following manner: An individual, together with the magnetizer, are enclosed in a completely darkened room where absolutely nothing is discernible. They remain there about two hours, and if the magnetizer now gently rubs the patient's finger tips a dim light will be seen surrounding the magnetizer's fingers. The magnetism in the human body is at certain parts or points positive, at others negative; thus the palma (inner) surface and the dorsal (outer) surface of the hands are opposite. Similarly the two sides of each of the fingers. This must be borne in mind when giving magnetic treatment, as the positive parts of the magnetizer's hand and



THE GOOD SAMARITAN, POURING WINE AND OIL ON THE  
WOUNDS—WITH MANIPULATIONS.

fingers must be brought in contact with negative parts of patient, and *vice versa*. The human race will from now on be placed in a more favorable position, inasmuch as it is now in possession of this great and comparatively new method of cure, which, in spite of its grand and almost unlimited possibilities, is still so simple that one may with ease practice it on others. It is my earnest conviction that all are not able or constituted to practice this curative method upon others. Many are in the possession of the power to magnetize without being sufficiently experienced in the practice thereof; and the patients, therefore,

frequently do not receive any benefit. That which is absolutely requisite to be a successful magnetizer is to be in the possession of a healthy body and spiritual power, combined with a pure and active desire to do good. The action of magnetism is in many cases almost miraculous. It is applicable to nearly all diseases to which flesh is heir; but especially to those which originate in the nervous system, and not associated with great organic lesions. Its beneficial action is manifested by a marked increase of physical vigor. The despondent and the melancholy



DR. ALBERT REIBMAYR'S METHOD—VIENNA.

regain the hopefulness and cheerfulness of youth; thus restoring a perfect equilibrium in both mind and body. The force acts upon all organized beings, but especially upon man. The action resembles the magnetism of the metals, in that it has both repelling and attractive properties; and it manifests itself in different manners upon the various bodies upon which it is caused to act. Nervous prostration (*neurasthénia*) appears in many forms, but principally three. The first is characterized

by a lack of appreciation of the ordinary irritations of the sensory nerve filaments (anæsthesia); second, by a lack of reflex nerve action; and the third by an abnormally increased sensitiveness (hyperæsthesia)—in which case an ordinary irritation of the peripheral nerves brings about a decidedly strong impression.

The time best adapted for treating patients, according to this method, is in the forenoon—as the patient is not only at this time most susceptible to the influence, but the magnetizer is at this time of the day in possession of his best strength and bodily energy—or evening, when everything is quiet and invites to rest, is also a good time for magnetic treatment; in short, the time when the patient is in a peaceful and passive state of mind is favorable. It is but justifiable to consider magnetism as the first and most active remedy for the cure of disease in general.

Nothing like this inspires us, or is in such a direct harmony with the soul of mankind. Magnificent, wonderful, nay, even miraculous, indeed, are the possibilities of this great remedy, blessing and boon to mankind. One thing must not be disregarded, namely, that it must be applied by a competent and experienced expert. Let us say with Wordsworth:

“To every form of being is assigned  
An acting principle, however removed  
From sense and observations it subsists  
In all things, in all natures, in the stars  
Of azure heaven, the unending clouds,  
In flower and tree, in every pebbly stone  
That paves the brooks, the stationary rocks,  
The moving waters and the invisible air.”

## CHAPTER IX.

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### HYPNOTISM AND ANIMALS.

A QUEER METHOD BY WHICH TO MAGNETIZE SERPENTS,  
EMPLOYED WITH GREAT SUCCESS BY THE  
MOJOWEE AND APACHE INDIANS.

The Indians have many interesting secrets by which they tame animals. When the serpents become too audacious for the Indians and they wish to scare them away from their camps, they employ the following method: They dig a pit in the ground about four yards deep and twenty yards in circumference with steep, smooth walls. The Indian men, women and children now mount their horses. At a given signal every one takes his position in a circle with the pit as a center. With wild yells they start a strange war dance. They gallop around on their horses, continually diminishing the circle, while they use branches to beat the dry grass and leaves in order to scare the serpents from their hiding places. As they approach the pit the circle grows smaller, and the serpents are all, one by one, hurried down in the grave. In this way, the Indians can in a very short time rid themselves of these disastrous tormentors.

When the Indians deem it time, they descend from their horses, and place a step-ladder in a corner of the pit. Four Indians approach the grave, armed not with weapons, but with their instruments. First an Indian descends carrying in his hand a big piece of bark manufactured in the shape of a fan. He is followed by the second, who gives some lamentingly

strange tune on his own naturally shaped flute. The third Indian plays on his one-stringed instrument the same moaning, melancholy melody. The fourth hammers with great activity on a home-made drum. The first Indian with the fan uses that as a music-director, his tact-stick giving the time of the music. When they reach the bottom of the pit, the frightened serpents rush away, while the Indians march around in the grave, continually diminishing the circle. The serpents creep steadily together; and at every movement of the fan they hide themselves among each other in a charmed way. When it is impossible for the serpents to creep closer together and they are gathered in a heap in the center, the Indian carrying the fan stops and catches up one of the poisonous serpents and holds it up. It does not harm him at all, for it is completely charmed. He now places one serpent after another around his body. They listen with interest to the peculiar music and seem to be very anxious about the fan; as he only needs to move it when he wishes the serpent to change position, and at the same time fix it sharply with his eyes, the serpent moves or keeps his place quietly according to his wishes. These Indians are peculiar individuals. At an accident which occurred on the Atlantic & Pacific R. R. several of this tribe were fatally hurt. An old Indian had a leg amputated. He did not wish to be put in an unconscious state and directed that his wife should sit in front of him and stare at him continually. As soon as the operation was commenced she began wildly to lament, crying bitterly, the tears flowing incessantly down her cheeks, while the physician calmly proceeded with the operation. The Indian in question laid very quietly and calmly, and seemed to enjoy her suffering with great delight, as if he had nothing to do with it at all. Upon inquiry he declared, after the operation was successfully finished, that he did not notice the slightest degree of pain—his wife had apparently taken it all.

HYPNOTIZED SNAKES—RATTLERS AND COPPERHEADS MAGNETIZED OR FASCINATED BY MUSIC—A TEXAS SNAKE CHARMER—HE DOESN'T LIKE WORK AND PREFERS TO PLAY WITH RATTLESNAKES.\*

There is in this country a young man who, as a snake charmer, has perhaps no equal on the habitable globe, writes a Gainesville (Tex.) correspondent of the *Globe-Democrat*. His name is Frank Kerr, about thirty-two years of age, who, aside from his marvelous power over reptiles, is distinguished chiefly by his aversion to any kind of work. His wonderful power over the most venomous reptiles—a power which it is his delight to use constantly—has long been the wonder of everyone hereabouts. It is his custom to walk proudly up the streets with the heads of three or four snakes hanging out of his pockets, and his neck decorated with a big rattler or copperhead. It is related, and well verified, that sleep to him is almost an impossibility if he has not several snakes in his bed; and it is seldom, indeed, that he misses much sleep. He delights to fondle a big rattler before a crowd of wonder-stricken spectators, compelling it to put its head in his mouth, and "capping the climax," by making it protrude its forked tongue to meet his own. This feat is about his only source of revenue.

Last March he went to Ardmore, a small town in the Indian Territory, a few miles north of here, hoping to make some money by giving public exhibitions of his snake feats. He left here with two snakes, a copperhead and a rattlesnake, but the rattler died en route. Not wishing to perform with one snake, he took his flute, the work of his own handicraft, and started for the woods in quest of the reptiles. To the tune of his own weird music, like Jack the Piper, he marched along.

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\*I have, as the contents of this book show, taken into consideration what belongs to hypnotism and fascination. I therefore present this chapter which, I think, will interest the reader.

He returned to town in about three hours with thirteen snakes of different species crawling after him. Selecting a few from among them, he exhibited his feats to wondering and liberal crowds.



CHARMING WISELY—FRANK KERR AND HIS SNAKES.

This story has been told so often and abundantly verified that no one now questions it. He has a preference for the cop-



perhead, but, as he expresses it, he "loves them all," and frequently caresses a little harmless green snake as tenderly as he does the big rattlers. He says he loses a great many, and banishes some when their affection for him seems to grow cold.

Animals have been frequently fascinated for purposes of experiment, and a universal rigidity of the muscles produced to such an extent as to cause them to resemble pieces of statuary, so that the animal could be taken up and its whole weight supported by one foot, and this state produced and continued at pleasure (John B. Newman). Mr. Bruce, the great African traveler, distinctly states, from minute personal observation, that all the blacks of the kingdom of Sennaar, whether Funze or Nuba, are perfectly armed by nature against the bite of either scorpion or viper. They take the horned serpents in their hands at all times, put them into their bosoms, and throw them at one another, as children do apples or balls; during which sport the serpents are seldom irritated to bite, and when they do bite, no mischief ensues from the wound. The influence exerted upon them is so great that they are scarcely ever able to attempt any resistance even when eaten up alive, as Bruce assures us he has seen them, from tail to head, like a carrot. He also positively affirms that they constantly sicken the moment they are laid hold of, and are sometimes so exhausted by this invisible power or fascination, as to perish as effectually, though not as quickly as if struck by lightning. "I constantly observed," says he, "that, however lively the viper was before, upon being seized by any of the barbarians, he seemed as if taken by sickness and feebleness, frequently *shut his eyes*, and never turned his mouth toward the arm of the person that held him."

This power is often used by man to disarm the fury of the most enraged quadrupeds. This is peculiarly seen at times in the case of watch-dogs, over whom house-breakers have found out the secret of exercising so seductive and quieting a power as



to keep them in a profound silence while the burglary is committed. Lindecrantz of Sweden tells us that the natives of Lapland and Dalarne are in possession of this secret generally, insomuch that they can instantly disarm the most ferocious dog, and oblige him to fly from them, with all his usual signs of fear, such as dropping the tail and becoming suddenly silent.

Grooms are sometimes found possessed of a similar power over horses. Mr. Townsend gives a striking anecdote to this effect in his account of James Sullivan. The man—an awkward, ignorant rustic of the lowest class—was by profession a horse-breaker, and generally nick-named the “whisperer,” from its being vulgarly supposed that he obtained his influence over unruly horses by whispering to them. The actual secret of his fascinating power, it is very likely, was unknown to himself for it died with him, his son, who was in the same occupation, knowing nothing of it. It was well known to everyone, that however unbroken or vicious a horse or even a mule might be when brought to him, in the short space of half an hour he became altogether passive under his influence, and was not only entirely gentle and tractable, but in a very considerable degree continued so, though somewhat more submissive to himself than to others. There was a little mystery in his plan, but unquestionably no deceit. When sent for to tame an unruly horse, he ordered the stable door to be shut upon himself and the animal alone, and not to be opened until a given signal. This singular intercourse usually lasted for about half an hour; no bustle was heard, or violence seemingly had recourse to, but when the door was opened, on the proper sign being given, the horse was always seen lying down, and the fascinator by his side, playing with him familiarly as a child with a puppy. Mr. Townsend once saw his skill tried on a horse that could never be brought to stand for a smith to shoe him. The day after Sullivan’s half hour lecture, he went, not without some incredulity, to the



THE MOORISH HORSE FASCINATOR HYPNOTIZING THE HORSE.

smith's shop with many other curious spectators, who were eye witnesses of the complete success of his art. This, too, had been a troop horse, and it was supposed, not without reason, that after regimental discipline had failed, no other would be found availing. He observed the animal seemed afraid whenever Sullivan either spoke to, or looked at him. In common cases, the mysterious preparation of a private interview was not necessary, the animal becoming tame at once.

#### FASCINATED BY SNAKES.

I remember—says John B. Newman, M. D.,—reading, some time since, of a man walking out in his garden who accidentally saw a snake in the bushes, and, observing the eyes gleam in a peculiar manner, watched it closely, but soon found himself unable to draw his own eyes off. The snake, it appeared to him, soon began to increase immensely in size, and assume in rapid succession a mixture of brilliant colors. He grew dizzy, and would have fallen in the direction of the snake, to which he felt himself irresistibly impelled, had not his wife come up, and throwing her arms around him dispelled the charm, thus saving him from certain destruction. There are too many of these stories to mention a tithe of them; so I will conclude with but a few more that are very generally known. Two men in Maryland were walking together, when one found fault with his companion because he stopped to look at something by the roadside. Perceiving he did not heed him, he returned to draw him along, when he perceived the other's eyes were fixed upon a rattlesnake, which had its head raised and eyes glaring at him. The poor fellow was leaning towards the snake, and crying piteously in a feeble tone, "He will bite me! he will bite me!" "Sure enough he will," said his friend, "if you do not run off. What are you staying here for?" Finding him dumb to all entreaties, he struck down the snake with a limb of a tree, and pulled his companion violently away. The man whose life



AN EGYPTIAN SNAKE CHARMER.

was thus providentially saved, found himself very sick for some hours after his enchantment.

Professor Silliman mentions, that in June, 1823, he crossed the Hudson at Catskill in company with a friend, and was proceeding in a carriage on the road along the river. The road was very narrow, with the water on one side, and a steep bank covered by bushes on the other. His attention at that place was arrested by observing the number of small birds, of different species, flying across the road and then back again, and turning and wheeling in manifold gyrations and with much chirping, yet making no progress from the particular place over which they fluttered. His own and his friend's curiosity was much excited, but was soon satisfied by observing a blacksnake, of considerable size, partly coiled and partly erect from the ground, with the appearance of great animation, his eyes brilliant and his tongue rapidly and incessantly brandishing. This reptile they perceived to be the cause and center of the wild motions of the birds. The excitement, however, ceased as soon as the snake, alarmed at the approach of the carriage, retired into the bushes. The birds did not escape, but alighting upon the neighboring branches, probably awaited the reappearance of their cruel tormentor and enemy.

I have read of a man residing in Pennsylvania who, returning from a ride in warm weather, espied a blackbird, and a large blacksnake viewing the bird. The latter was describing circles, gradually growing smaller around the snake, and uttering cries of distress. The bird had almost reached the jaws of its enemy, when the man with his whip drove off the snake, and the bird changed his note to one of joy.

A gentleman himself told me that while traveling one day, by the side of a creek, he saw a ground-squirrel running to and fro between the creek and a great tree a few yards distant. The squirrel's hair looked very rough, which showed he was much frightened; and his returns being shorter and shorter,

my friend stopped to observe the cause, and soon discovered the head and neck of a rattlesnake pointing directly at the squirrel through a hole in the great tree, which was hollow. The



BRAZILIAN TURTLE CHARMER.

squirrel at length gave over running, and laid himself quietly down with his head close to the snake's. The snake then opened his mouth wide and took in the squirrel's head, when a



cut of the whip across his neck caused him to draw in his head, which action, of course, released the squirrel, which quickly ran into the creek.

*Turtles may very easily be charmed by the use of slow, monotonous music.*—There are in Brazil several well-known turtle charmers, who make it a specialty by the use of their art to catch all the turtles they want. The charmer uses his instrument, often at the same time imitating with his voice various animal calls, and the result comes in about fifteen to twenty minutes. If any turtles are in the vicinity they will come first one, two, then a whole herd, grouping themselves around the charmer, listening to his music with great attention. The charmer has assistants to throw the nets over the turtles. The nets are fastened to the ground by heavy weights and the turtles are caught. Nearly all animals may be brought under influence, but the proceedings are different.

The experiment of Father Kircher, in 1646, with the hen which lay motionless on the ground when a long chalk-line was drawn from her bill, has often been repeated. To the same class of phenomena belong all kinds of charming by the eyes or fascination—as when the snake charmer by his eye tames serpents, or when snakes paralyze frogs and other small animals. The art of Rarey, the famous horse-tamer, appears to have consisted principally in hypnotic manipulations. Hypnotism and fascination play a very great role in taming wild animals, much more important than people generally believe; especially when they are used with the proper manipulations. How many true cases are reported in “Descriptions of Travels” when a man in utmost danger of death, with destroyed or poor weapons, has had only his will-force and the power of his eyes to thank for saving a life that seemed lost.

## CHAPTER X.

### HYPNOTIC MISCELLANIES.

BY GEORGE LUTKEN, M. D.

As near as I remember, it was in October of last year, that I took the liberty of producing for the *Illustrated Family Journal*, an article on the wonders of hypnotic phenomena which of late years has been the subject of investigation, especially by French physicians, and an interest in which has begun to reach up to us. I wrote several articles about the conclusions to which the foreign investigators had come; but I could only treat the subject with the reservation that a contributor should take before he has seen such phenomena himself. I did not try to hide that which I considered rather doubtful in my articles as to these altogether unexplainable phenomena. During the nine or ten months that have passed since I wrote the above mentioned articles, I have with industry studied a great deal of the important literature that treats on this subject. I have also had an opportunity to investigate these phenomena closer, both on the sick and healthy. *I have seen several extraordinary and wonderfully successful results of hypnotic cures of sick people, where the disease was caused by a nervous debilitation, or other nervous weakness.* To an interested public I am convinced that a description of the hypnotic phenomena, such as I with my own eyes have seen, will be of great interest, and will also interest the *Journal's* enormous circle of readers, and by that means a large audience can become closer acquainted with the subject. It will be well, however, to caution those interested not to give themselves up to the first hypnotist who comes along. Hypnotism misused is quite a dangerous thing for the community.



We should endeavor to investigate hypnotism at a nearer distance, and also take every precaution not to be humbugged by the hypnotist or hypnotizer, but also with our own eyes; because we must remember that we cannot easily deceive ourselves. With regard to my own investigations, which I will relate, will say that the experiments have been performed at my own home, and I have each time taken care that beside my family, there has been one or more gentlemen present whom I could depend upon, so that at all times I have had trustworthy witnesses. There have been present at these experiments, colleagues, lawyers and men in other avocations, who of course were interested in the subject, but who regarded it with the greatest coolness, and without having preconceived ideas about it.

*The hypnotist, who with the utmost courtesy and complete disinterestedness, caused the different conditions I wished, is Mr. Carl Sextus, a young Dane, who has resided in eastern countries, where he acquired his peculiar knowledge, and made hypnotism a profession. He has in different countries of northern Europe and America, and also in this country, given a number of seances. He has for the past year or so resided here in Copenhagen. I have been acquainted with Mr. Sextus for about six months, and I was greatly pleased to find in him a professional hypnotist, who has nothing of the charlatan about him. He has at every opportunity shown the liveliest interest that the medical profession in this country should also take hold of the yet obscure hypnotic question. I am thankful to him for the never failing readiness with which he has placed himself at my disposal. It has often pained me, that because of the obscure nature of the subject, I have been obliged to show suspicion, which often wounded him, but this was necessary, if I obtained a clear insight in the matter, and be able to describe what I had heard and seen in such a manner that doubters may be convinced. For the physician, the object of such investigation will undoubtedly be to find in hypnotism a*

remedy for that vast number of diseases originating from an abnormal brain and nerve activity, and against which the weapons we procure from the arsenal of the apothecary are without effect. As the doctor, before he applies a new remedy on a patient, first tries it on a healthy person ; therefore the hypnotic phenomenon should be tried on a healthy person before producing it on a patient.

I believe that I have already mentioned that I would not treat of hypnotic cures in this article. What I am going to relate is the unvarnished statement about experiments performed under the strictest conditions in my own home upon ladies and gentlemen who had already shown themselves to be particularly susceptible to hypnotic influence, and who were in possession of good health. All of these individuals assured me that they had no unpleasant feelings whatever, either during or after being hypnotized. As they have always, with the greatest pleasure and readiness, been at my service for these experiments, I owe them my most sincere thanks. The susceptibility is developed considerably by repeated attempts, for that reason, if to investigate the phenomenon, it is better to select individuals who have been hypnotized before. At public seances there are always a number of young people who desire to try the experiment, and among these you will always find some who are particularly susceptible. I had the opportunity to witness several exhibitions given by Mr. Sextus, before several private societies, and I observed that it was quite easy to select good subjects, who, as I have already observed, have with pleasure placed themselves at my disposal. I thought it necessary to make the above remarks, but will now go on and give the account of the original attempts, and will go into particulars and explanations in regard to the nature of the hypnotic conditions.

The first attempts at my house were with subjects of post-hypnotic experiment. It is understood that the hypnotist,

while the subject is still under influence, commands him at a certain time after he is awakened to perform some certain act. At a small party on the second day of March this year, in a private family in Copenhagen, at which Mr. Sextus was present, he was asked to perform some hypnotic experiments. On this occasion a gentleman who had been hypnotized several times previously was sent for. After he had been put to sleep the suggestion was made, that on the next Saturday, March 5th at 8 o'clock p. m., he was to leave his home on Nørrebro Gade, and go to my residence on Store Kongens Gade; after having asked for me and spoken to me, he was to perform a number of insignificant actions in an exact order as stated, after which he was to fall into a deep sleep, from which only Mr. Sextus could awaken him. As this gentleman, in a previous similar experiment, had caused quite a sensation on the street by his unsteady walk and peculiar appearance, it was also suggested to him that he walk perfectly erect and straight on the sidewalk; take good care not to push against any of the passers by, and to have a perfectly normal appearance.

I was informed by Mr. Sextus the next day of the experiment, and according to agreement, Mr. Sextus and a small number of others, and among them a physician, arrived at my house the Saturday evening mentioned, at 7:30 p. m. To avoid any unnecessary sensations and interference with the subject and the experiment, I had given the servants orders to leave the doors unlocked, and to allow the man to pass in undisturbed when he came, which would be between 8 and 8:30 o'clock. I learned later that the subject was an iron moulder, whose name was L. N., twenty-three years old, married, had two children, and was a sober and industrious man. He had been hypnotized five or six times before by Mr. Sextus. He had never been at my house before.

At 8:25 the door bell rang; my son opened the door, and without hesitation the young man stepped into my private of-

fice, which had been vacated by all, with the exception of my colleague and myself. The others remained in an adjoining room, from which, through an open door, they could observe everything that was going on. Mr. Sextus had stepped into a side room so that he would not be seen by L. N. The hypnotized man, who held himself rather stiff, and spoke with a certain dull accent, repeated exactly what had been told him, and performed the different acts in exact order. He stared at me without any expression in his eyes, and after he had accomplished what had been told him to do, he fell into a deep and unconscious sleep, from which he could not be awakened by any of us, by either speaking to him or touching him. Mr. Sextus placed the index finger and the middle finger of his right hand in front of the subject's wide open eyes, who followed the hypnotist into the next room. There were now several experiments performed, to convince us that the subject was completely insensible to any pain. *I placed under his right arm a mark an inch long with a red hot knitting needle, without any motion or sign that he felt it. I put a strong needle through his hand, so that it projected a quarter of an inch on the other side, during which (he being commanded) sat with a happy and smiling expression on his face.*

In the same manner as before the hypnotist brought the subject back to my office, where he was seated in an easy chair. By investigation it was found that the pupils of his eyes—notwithstanding the strong light—were considerably dilated, but by bringing a lighted candle close to the eyes, the pupils slightly contracted. *A trial with a very strong electric battery proved that he was only slightly susceptible to electric influence; the handles even fell from his grasp, while the effect upon us was so strong that we could not let go when we held them.*

Mr. Sextus now awoke the sleeper by a sharp shout. He opened his eyes and gazed about with a dazed look, evidently surprised at finding himself in a strange house, surrounded by

a party of almost entire strangers. I then asked him several questions which he answered quickly and satisfactorily. He declared that he felt splendid, and apparently had not the slightest idea of having undergone any painful operation.

I shall not go into fuller description of those more or less ordinary experiments concerning suggestions, which were all successful, but only give a few which astonished me greatly at the time. I have had the opportunity to witness since, experiments which were even much more astonishing.

Mr. Sextus, at a previous time, had assured me that he, by merely making a pass with his hand, could transfer his power of controlling a person to another, who was altogether unacquainted with the art. I remembered this and expressed a wish to be put *en rapport* with L. N., during his sleep. This was immediately done, and he, when he was asleep before had not paid the slightest attention to what I had said or done, now followed me in the same way he had Mr. Sextus, following my commands, *even to repeating with extraordinary exactness a number of Greek sentences of Odysian*, which I said one by one. At the same time, after Mr. Sextus' instructions, I tapped him lightly on the crown of his head with my two fingers. I was instructed to remove the tapping from that part of his head, and was informed that the hypnotized would no longer obey me, but as soon as I tapped him as before, the influence returned. I saw Mr. Sextus scrape along the floor with his foot in front of the subject, and from that instant my influence over him was gone.

While L. N. was in one of the rooms having some supper, and I was present with him alone, I heard a single clap of hands from one of the rooms, and at the same instant the subject fell asleep again. The hypnotist, at a distance, had in this manner put him to sleep. The reader will later on get still more astonishing proof of this power, exercised at a distance and perfectly noiseless. If we had not seen it ourselves, and taken

care to exclude all chance of being cheated, I will honestly admit that I would have concluded the whole of it was a humbug.

I will not dwell any longer in explaining the experiments with L. N., only to add that my porter told me that the subject came to the house at the above mentioned time, without the porter noticing anything peculiar about him. He first turned to the right, where there is a separate door to one of the apartments, where he stood a moment shaking the door knob. He then observed the door-plate, discovered his mistake, and then went to the proper door.

I will call attention to post-hypnotic experiments, by which the subject, after a shorter or longer period, is compelled to perform acts that may be entirely against his nature. A French physician, Professor Beaunis, has lately given an account of an order that was exactly executed a full year after the suggestion had been given. In this manner a rascal could influence another person to commit a crime, while it would be very difficult to discover the originator. The poor instrument on coming out of the hypnotic sleep, would not have the slightest idea of what he had done. On the other hand we learned through our experiments that hypnotized individuals are utterly insensible to pain. Physicians can perhaps have in that condition a splendid narcotic for operations, where for some reason they cannot use chloroform, ether, etc.

In the first part of June I had the opportunity to see a young lady perform a post-hypnotic experiment, which was rather complicated. She was told to leave her home in a carriage, be driven to a certain place down town, where she had never been before, there to select a particular person out a room of which there was a number, and where a good many people passed in and out, say some exact words to that person, and then fall asleep and to remain in that condition until Mr. Sextus, who was to come later, awakened her. On this occasion there was several experiments similar to those related by the French

physician, which, being successful, I had a great desire to try them at my own house with the same subject, where I could investigate them more closely. The subject, Miss H., was, I judge, about twenty-two years old, employed as a cashier in a down-town store. She had previously been hypnotized by Mr. Sextus four or five times. She is small of stature, but well developed, a light brunette, blue-gray eyes, and had from her own statement never suffered from any serious illness.

On the 16th of June, at 8 o'clock, P. M., Miss H. came willingly to my house according to my request. Mr. Sextus was already there in company with a few others who had been invited. The young lady was ushered into the parlor, where she was soon engaged in conversation with those present. Pretending it to be necessary, I went with Mr. Sextus into my room, where we agreed that he should place himself where the subject could not see him and begin to hypnotize her, when I, by a slight coughing, should give the signal. I had not, in order to make the experiment more convincing, imparted our agreement to any of the others. I was sure the subject could not be influenced by seeing or hearing the hypnotist. During the lively conversation that was going on I gave the signal, and as I did so the subject turned her head toward the absent Mr. Sextus, at the same time taking on an absent-minded expression. I asked her if anything was the matter, to which she replied in a low voice that nothing was the matter. Her eyes became set, and a moment after, as the hypnotist made a short motion in the air with his outstretched hand, she arose from the chair and with slow, dragging steps went towards Mr. Sextus in the adjoining room. *He was closely watched by me all the time, and had not moved from the spot, nor made any noise whatever.*

The hypnotist, by placing two fingers before her eyes, led her back to the room from which she had come and placed her in her chair. During this sleep she received an order to in five minutes after waking, go into the next room to the piano,



and from a number of books to select a certain volume, and, in a kneeling position, hand it to me, and in a certain tone of voice to repeat some exact words. The subject was awakened by a slow fanning, when she had not the slightest recollection of what had happened, but continued the conversation. Exactly five minutes after her eyes took on a staring expression, she arose as if obeying some unavoidable impulse, and executed the order precisely. She was again awakened while still in the kneeling position and was evidently disturbed and rather angry over the situation.

Miss H. now partook of some refreshments, and while the young lady was in the act of eating a piece of cake, I gave Mr. Sextus, who sat a few yards behind her, a signal by a slight wink. *He made a noiseless motion with his hand and she instantly turned her head and fell asleep.* During this there was several suggestions made to her. She was walking in a garden picking flowers, one by one, and placing them together in an imaginary bouquet in her left hand. It was suggested that one of them was held very tight, she therefore pulled it out with a quick jerk. She was told to enjoy the odor of the flowers, and with evident pleasure she smelled her bouquet. The hypnotist sneezed, and at the same time told her it smelled very strong. She immediately sneezed several times in succession until she was stopped by a motion of his hand. She was told that she was out in a boat and would be sea-sick. No sooner said, than the usual symptoms of a faint feeling and dizziness showed themselves, and I am positive that she would have become quite sea-sick, if the impression had not been removed by the hypnotist. I will not continue to relate the different suggestions that were made to her, but pass over to a new attempt, which was the cause of several of a similar nature, and which greatly astonished me.

The reader will remember that the experiments began by Miss H. being hypnotized at a distance. I wished to try if it

could also be done from behind a closed door. Unobserved by the subject, who during her waking intervals was busily conversing with the others, *I went with Mr. Sextus into my room and closed the door.* We compared our watches, and it was agreed after a certain number of minutes he would attempt to hypnotize the young lady while locked in my room. *I now returned to the other room, and at the exact time agreed upon, in the act of answering a question of one of the gentlemen, the subject stopped short. The others were wholly unaware of what was to happen. She dropped her head as usual in a deep sleep, got up and went towards the closed door, which she opened and then went toward Dr. Sextus, who stood in the center of the room with his hand outstretched toward the door.* During this hypnose it was suggested to her that the next morning before going down town to work, she should write a letter to me, the contents of which had been dictated in the suggestion, and it was to be signed "Gaston." This name was pronounced with a certain dashing accent. I mention this because the signature in the letter, which reached me through the mail in due time, was written with a flourishing swing which undoubtedly resulted from the suggestion which she had received while asleep. If the young lady should read this account, she will then for the first time be aware of having written me such a letter; that is a peculiar part of the hypnotic conditions, that the subject has no recollection of having received a suggestion or having performed it.

What caused most wonder at this experiment was hypnotizing at a distance. Although I had heard of such experiments before, I always considered such communications as conscious or unconscious stories, as we would naturally consider it as an agreed upon deception. Although I had done all in my power to prevent any communication between the hypnotist and the subject, and the witnesses present, in spite of all their vigilance, had not been able to discover that any communication

had taken place between the parties concerned by any ordinary means of expression. However, I wished to investigate the matter closer and take still further precautions.

On the 23rd of June, Shoemaker Sch., according to my request, came to my house. He was about twenty years of age, born in Sweden, of medium height, pretty well built, brown, curly hair, light brown eyes, and a pale complexion. He declared never to have suffered from any sickness, and had previously been hypnotized several times; he thinks five or six times by Mr. Sextus. Before he arrived Mr. Sextus and a few of my particular friends had already made their appearance. I explained to Mr. Sextus not to let the subject know by any noise that he was present and to remain in a room which was some distance from my office. When Shoemaker Sch. came, well knowing that the object of his coming was to execute some hypnotic experiments, I told him I was afraid of some misunderstanding occurring, as Mr. Sextus had not yet arrived. However, I asked him to wait a while and see if the missing one would not come. I began a conversation with him in my office. Mr. Sextus and my friends were in the next room observing the strictest silence. The hypnotist could hear the signal agreed upon for beginning the experiment, which was a light scratching with my nails on the door, as I stood with my back against it. The instant I gave the signal the subject drew a deep breath, fell back in the chair with upturned eyes and slept. We now made several experiments during his sleep which were only of consequence to the medical profession and which for that reason I will pass. I will, however, relate one particular. His pulse was counted and found to be 120 beats per minute. I made the request that they should go down to eighty within two minutes. The hypnotist gave him the suggestion that his heart should beat slower and easier until it reached eighty beats to a minute. When the two minutes had elapsed his pulse was eighty-two, almost what was desired.

This phenomenon was of extraordinary importance from a scientific standpoint, as we see that the nervous system's activity during the hypnosis can be modified and that the hypnotist acquires a certain power over life's involuntary operations, which, during a normal condition, is impossible. During the whole experiment the pupils of the eyes of the subject were also considerably dilated, even if we allowed him to look straight at the light. The moment he awakened they contracted to their normal size. The subject now had some lunch in my dining-room, while the rest, together with Mr. Sextus, had gone into my office, which is separated from the dining room by a large sitting room. The dining-room is so situated that the door of my office cannot be seen when sitting at the dining table, while from the sitting room you have a view of both apartments. In a whisper I requested Mr. Sextus from his present position to try his influence over the subject, who was in the dining-room. *Just then Mr. Sextus lifted his arm; the subject dropped his hand and fell asleep.* I asked Mr. Sextus to wake him from the same place. The subject immediately regained consciousness, heaved a deep sigh and continued his meal without apparently having any knowledge of the intermediate episode. He was brought once more under influence and I desired to be put en rapport with him, so as to give him a suggestion myself. I told him his right arm was sore, which could be cured by putting on a Spanish fly; I took a piece of paper, covered with gum-arabic, which I pasted on his arm, telling him it was a Spanish fly, which would draw a blister, and on the following evening at 8:30 o'clock, in a perfectly normal condition, come to my house to be examined. Mr. Sextus told me at the time that he did not think that I had given the suggestion with sufficient distinctness, and that the result would not perhaps be satisfactory. He said that he had never tried the experiment himself. I performed it after a French physician's account.

On the 24th of June Mr. Sextus was at my house, and shortly before the subject arrived, I requested him to remain several rooms away from my reception room. *When the subject had made his appearance, Mr. Sextus should, accompanied by some of the gentlemen, go down the kitchen stairs to the back gate, which is about ninety feet from the main building, and one hundred and thirty-five feet from where the subject was to sit.* One of the gentlemen was to take up a position by a window facing the yard, and by waving a handkerchief, give the signal for Mr. Sextus to commence operations. I will admit that at the time I felt rather ashamed of making such an attempt, which seemed to me sheer nonsense, and at the same time an impossibility. I went in to the subject who, during our conversation, suddenly fell asleep. I went to the gentleman who was to give the signal and told him the subject was asleep, and he informed me that he had just given the signal. *This wonderful experiment had then been successful.* I wondered if some secret connection had not taken place, and made up my mind to try another experiment, to still further sharpen my measure of precaution, which I will mention later.

Before hypnotizing at a distance took place, I had a long conversation with the subject who, I found, had misunderstood the suggestion given him by me the evening before. He told me that he had a pain in the right arm, at the exact spot where I had pasted the paper, and during the night he got up and bathed it in cold water. He had, of course, washed the paper off. He asked me if I did not think a Spanish fly that would draw a blister would help him. "What makes you think so," I asked. "I don't know," said he, "but just thought so." "Have you ever used a Spanish fly?" I again asked. "No," he answered. "How then do you know," said I, "that it draws a blister?" "I don't know, but just thought so," he replied. "Very well," I answered, "queer enough, you have struck the right remedy. I will now put a Spanish fly on your arm, and the pain will immediately

disappear." I cut a piece of gummed paper into a strip about two inches long and one inch and a half wide, which I pasted on his arm and put a bandage around it. It was at this point that the above-mentioned signal was given, and Mr. Sextus now came into the room to the sleeper. At my request the hypnotist now, with a sharp, almost threatening voice, gave the following suggestions: "The Spanish fly you have on your arm must remain there undisturbed. It will, without causing you any pain, draw a large blister. To-morrow evening at 9 o'clock you must come here to the Doctor's office, show him the blister, and inform him that your arm is well." The commands were repeated several times, sharp and distinct, and he also required the subject to repeat the suggestions word for word. Mr. Sextus, ending in a very commanding voice, said "I want this to happen."

According to my desire, those present went into another room while I remained alone with the subject, whom I asked Mr. Sextus to slowly awaken from the other room, the door of which was closed. I seated myself opposite the subject, ready to resume the conversation where it had been interrupted. *I saw him gasp for breath three times in succession, and then gradually wake up. I spoke to him and he answered me as if nothing had interrupted us. I will only remark that the witnesses in the other room stated that Mr. Sextus had awakened the subject by making three passes to the side, which corresponded to the three gasps.* Shoemaker Sch. was now dismissed without any idea that Mr. Sextus had been present.

The subject arrived the 25th of June, five minutes after the appointed time. Without being asked, he told me that the pain in his arm had disappeared, and that the plaster (gummed paper) had come loose during the night, that he had replaced it, and in order to keep it there had tied a thread around it. *On investigation it was found that a blister, filled with water, had formed, the exact size of the paper, such as we see after a*

*quick drawing plaster has been applied. The surrounding skin, as is usually the case, was not red, caused by the extra current of blood, but perfectly white.* The paper, perhaps on account of perspiration, had lost all its gum. On closer examination, it was found that the blister was exactly the same as formed after a Spanish fly. The subject had experienced no pain from the experiment; he had hardly even noticed the blister.

I will try one more experiment that was performed the same evening. I handed the subject a letter telling him that Mr. Sextus had left it for him. He opened the envelope and immediately fell asleep. The letter contained only the one word, "sleep." He had never before seen Mr. Sextus' hand-writing, and I am therefore convinced that it was the circumstance of telling him who it was from that caused him to be influenced. On the other hand, I do not doubt that having seen the hand-writing of Mr. Sextus, it would only be necessary to hold it before his eyes to bring him under hypnotic influence, without mentioning Mr. Sextus' name.

I was anxious to try one more experiment of hypnotizing at a distance, under such guarantee that any unbeliever could be convinced. It was done in the following manner on the 7th of June.

I had invited a very esteemed but skeptic colleague, also a leading police inspector, to come to my house on the day mentioned a little before 9 o'clock P. M. The above mentioned Shoemaker Sch., as we have seen was very susceptible to hypnotic influence. I had per letter asked him to be at my house at 9 o'clock. I told the gentlemen what the experiment was grounded upon, and did not try to hide that it seemed in a sense superstitious, but that from the experiments already performed I considered I had good cause for going still further.

I asked them to set the exact time, when Mr. Sextus, from his apartments in Ny Ostergade, should begin to hypnotize this man in my room on St. Kongensgade, near the Marble Head church.



The distance in a straight line measured on a map is 2,790 feet. The gentlemen willingly, even with a smile on their faces, consented to my proposal. A letter was written to Mr. Sextus, which was taken to him at his home by my son, whose watch had been set with ours. Mr. Sextus was requested in the letter, at exactly fifteen minutes after nine, (the time having been set by my friends) by my son's watch, to commence hypnotizing Shoemaker Sch., who was sitting in a chair in my room. The subject was placed with his face to the light, so that the two gentlemen who were conversing with him could watch him closely. I had given him a cigar which he seemed very much to enjoy. *Just when the hands of our watches had reached the set time, his face assumed a disturbed expression. He did not answer us, rubbed his forehead with one hand, tried to brace himself up and come out of the stupor. He tried to put his cigar in his mouth, but his hands dropped down and he fell into a deep sleep.*

The long distance made this experiment still more unexplainable. Mr. Sextus soon arrived, together with my son, and was himself rather astonished over the result. He had never before attempted to hypnotize at nearly so great a distance. There was a number of other experiments tried with which I will not tire the reader.—[*From the Illustrated Family Journal, Copenhagen, Denmark, July 31, and August 7, 1887.*]

#### TESTIMONIAL.

On Wednesday evening, March 2, 1887, Carl Sextus, the celebrated hypnotist, according to previous arrangement, appeared at the residence of the undersigned H. F. Jensen, where a limited number of friends were gathered. We had an animated and interesting conversation in regard to hypnotic phenomena, which Professor Sextus produces with great ease with susceptible hypnotic individuals. Professor Sextus performed several experiments during the evening, but it is the intention

to confirm only the truth of the following: A subject was placed in hypnotic sleep, during which he was commanded by Mr. Sextus, on the following Saturday, March 5, at 8 o'clock P. M., to leave his home in Nørrebro Gade and walk directly to the residence of Dr. Lutken, at 67 Kongengade street, where, after ringing the bell, he should ask for Dr. Lutken, introducing himself as the hypnotist, Carl Sextus, who was coming to hypnotize the doctor. According to directions, and on the day mentioned, the subject was to be shown into the doctor's drawing room, where a small party would be assembled to perform the suggested manifestations; thereafter to crow like a cock, swing his arms in the air and fall into a deep hypnotic sleep, from which he could be awakened by Professor Sextus only, who for the occasion is to be present. The subject was instructed to keep on the sidewalk, and to carefully avoid interference with the crowd; and although sleeping, to bear the evidence of being awake in a perfectly normal condition. To ascertain whether these instructions were followed according to the suggestions given by Mr. Sextus, a committee consisting of Messrs. S. Petersen and R. Jensen, was appointed to follow and watch the subject.

J. L. W. V. JENSEN, C. E., Copenhagen Telephone Co.

G. M. R. LEVINSEN, Principal Royal Zoological Museum.

JULIUS NIELSEN, Postmaster Royal Mail.

SOPHUS PETERSEN, Actor, Royal Opera.

HARALD F. JENSEN, Vice President Copenhagen Tel. Co.

WM. JENSEN, Bookkeeper Danish Sugar Refining Co.

MARTIN CREUTZ, Lieutenant.

VIGGO BLYTHMAN, Banker.

FREDERIKSBERG, March 2, 1887.

We, the undersigned, certify that the subject according to the instructions given him, left his home Saturday evening at 8 o'clock, and went to the residence of Dr. Lutken, and on the

way he conducted himself exactly in accordance with the orders given. The undersigned, separated by a short distance, followed the subject from his home to destination, 67 St. Kongengade.

J. L. W. V. JENSEN, C. E., Copenhagen Telephone Co.  
SOPHIUS PETERSÉN, Actor, Royal Opera.

MARTIN CREUTZ, Lieutenant.

VIGGO BLYTHMAN, Banker.

COPENHAGEN, March 6, 1887.

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Herman Schwartz, M. D., in *The Illustrated Family Journal*, Copenhagen, Nov. 25, 1887, says:

“During the past six months Mr. Carl Sextus, of whom Dr. George Lutken recently spoke with so much praise, has been conducting a considerable number of hypnotic cures in this city in co-operation with, and under the direction of a prominent physician.

“Dr. Lutken has recently described a number of hypnotic experiments conducted by him and Mr. Sextus, and as I have had occasion, together with the editor of this journal, Mr. Aller, to witness a number of experiments differing from those described by Dr. Lutken, I have thought it might not be uninteresting to give our readers some new evidences of Mr. Sextus’ rare powers as a hypnotist.

“On Tuesday, Nov. 4, 1887, I called on Mr. Aller in his office on Blaagaardsgade, to arrange the details for the experiments which were to be made a few hours later. I will not deny that it was with a great deal of doubt of obtaining a positive result that I went trying Mr. Sextus’ ability as a hypnotist; for I had made up my mind to select a distance greatly in excess of any that Mr. Sextus had heretofore overcome. After Mr. Aller and I had completed our arrangements in regard to the experiment, we sent for Mr. Sextus. Mr. Sextus had no idea of the arrangements I had made with Mr. Aller, but when

he learned that a new experiment in hypnotism was to be tried he showed himself ready and willing, as usual, to do whatever we required. He was given a sealed letter, and was directed to take the next train for Lyngby, distant about eleven English miles from the place where we were; to proceed to the telephone station at that place, deliver the letter to the telephone director, and then await further developments. The letter, which Mr. Sextus delivered, merely requested that the gentleman addressed should be present with Mr. Sextus as a witness; and that he carry on the conversation through the telephone, which was in direct communication with Mr. Aller's on Blaaugaardsgade. In the meantime a messenger was sent to journeyman Shoemaker Sch., whom Mr. Sextus had previously utilized for similar — if not so far-reaching — experiments. He arrived at 3:45 P. M., entirely ignorant of what was about to take place. Mr. Aller led him into the room where the experiment was to be made, and where I then was. There was no introduction, and I at once began a conversation with him, and asked him why he had come, and he replied that he did not know, but that he had received a letter from Mr. Aller requesting him to come at a certain time, and that was why he had come. I gave him a cigar, told him to sit down; and placed myself opposite to him; keeping him constantly engaged in conversation. I told him that I was one of Mr. Aller's assistants, and that we expected Mr. Sextus at 5 o'clock to try some experiments in hypnotism in which he (Sch.) and I were to take part as subjects. I told him that we had received word that Mr. Sextus could not come until an hour later than he had expected.

“It was now 4 o'clock. Mr. Aller (who had in the meantime ascertained, through the telephone in his office, that Mr. Sextus was at the telephone station together with the director and his daughter) now came in and notified me by a sign that everything was ready for the trial. It is a matter of course that our watches were set exactly alike.

“At four minutes after four Mr. Aller notified Mr. Sextus through the telephone to begin. *To prevent misunderstanding I would here remark that the telephone room was on the first floor, while the subject was in a room situated on the fourth floor; so that all possibility of the subject being able to hear the conversation carried on over the telephone was excluded.*

“A few seconds later Mr. Sextus had received the order and executed it, making a pass in the air in the direction of Copenhagen. At the same instant the subject, who up to that time had been freely conversing with me and smoking his cigar, became impatient. He no longer replied when spoken to; he rocked his body backward and forward; his face took on a stiff, absent-minded expression; and his breathing became rapid and irregular. This state lasted two minutes. He then became quiet. His breathing became regular; he drew a deep breath, and he was now in a deep hypnotic sleep.

“We now telephoned to Mr. Sextus and told him to allow the subject to sleep five minutes, and to awaken him at exactly nine minutes past 4 o'clock. *To be brief, the order was obeyed; and at exactly five minutes after the subject fell asleep he drew a deep breath, opened his eyes, looked around a moment with a puzzled expression, and then immediately continued the conversation as if nothing had happened.* I handed him a match to light his cigar, which had gone out. He thanked me, and lighted the cigar, remarking, apologetically, that he was not accustomed to smoking, and that it was probably on that account that the cigar had gone out. To avoid unnecessary repetition, I shall simply state that this trial was made twice more within an hour—both times with the same satisfactory result. I would observe that during his sleep the subject's pulse was between 120 and 130; whereas, while he was awake it was eighty. In conclusion, I will say that the man went home at 5 o'clock, having been told that we had received word from Mr. Sextus that it would be impossible for him to come at

the appointed hour. He left without having the slightest idea that he had been hypnotized, and after cheerfully consenting to come to Mr. Aller's private residence the same evening at 7 o'clock, when Mr. Sextus would undertake a few more experiments. Before I proceed to describe the experiments at that time I will mention a little incident which occurred in one of the intervals between the above experiments, and which, though seemingly insignificant, led to a very interesting experiment later on. As we were walking about the room, during one of these intervals, the subject stopped at a table and picked up a photograph of Mr. Sextus and examined it. *When we asked him if he would care to own it, he said he would rather have one of himself.* We replaced it on the table, and during the evening Mr. Aller suggested an experiment based on this incident.

"That evening I had occasion to see the experiments which I shall now describe, at Mr. Aller's private residence, where a select party of ladies and gentlemen, specially invited, had gathered. Mr. Sextus did only what he was requested to do. One of the gentlemen present, a Mr. L., who had not been present at the long distance experiments of the afternoon, expressed a desire to see a similar experiment, and as he was somewhat skeptical he did not state at what time he would expect the experiment to be made. He requested Mr. Sextus to put Sch., into the cataleptic state. Mr. Sextus at once made a pass in the air, and the subject fell into hypnotic sleep, and on Mr. Sextus' suggestion at once became perfectly rigid from head to foot.

"*The guests gathered around the subject, and Mr. L., who had proposed the experiment, requested Mr. Aller to set his watch exactly with his, and to note the instant the subject would awake.* Then, with a slight smile on his lips, and without saying another word, he took Mr. Sextus by the arm and led him out of the room and out of the house, down the street about a block,

around the corner into another street, where he walked up and down with Mr. Sextus. *Suddenly he stood still, looked at his watch and said to the hypnotist, awaken him!* Sextus made his pass in the air. The two gentlemen returned to the house, where they found the guests speaking with the subject, who had suddenly awakened and continued his conversation without the least idea of having been put to sleep.

*‘On comparison it was shown that Mr. Aller’s watch showed that exactly twelve minutes had elapsed from the time the two gentlemen left the house until the subject awoke, and Mr. L. had to admit that exactly that length of time had passed when he told Mr. Sextus to awaken him.’*

“Now another experiment. While the guests were grouped about the room listening to Mr. Aller, who was playing the organ, it occurred to me to have Sch., who stood by the organ greatly enjoying the music, hypnotized for a moment. I sat on the sofa with Mr. Sextus and Mr. Aller’s daughter and I asked Mr. Sextus if he could hypnotize him without speaking to him or drawing his attention in any way. Sch. stood at the organ with his back to us. Sextus sat half turned away, and I watched them both. Suddenly about half a minute after I had made my request, *I saw Sch. getting uneasy; his face assumed a rigid, absent expression and he was just about to fall asleep, when I said to Mr. Sextus, ‘awaken him,’ which he did with a simple motion of his hand.* Nobody but the young lady, Mr. Sextus and I, had any idea of what had happened.

“I will now relate the experiment which was suggested by the desire expressed by the subject in the afternoon, to have a portrait. Mr. Aller cut a number of slips of paper the size of an ordinary photograph. On one of these he placed a mark—invisible to any one who was not initiated. Mr. Sch. was now hypnotized, and Mr. Sextus requested to give him the suggestion that on the particular piece of paper, which we had marked,



he would find an excellent portrait of himself; and that he could always, whether hypnotized or awake, be able to find it amongst the other similar pieces, and to distinctly see his portrait. He looked over the slips and stopped at the one we had marked, and said that was his photograph. This was repeated several times, with the same result, for he always picked out the same slip. He was then awakened, and the conversation went on as though nothing had happened. After some time I approached Sch., and asked him if he remembered that in the afternoon he had expressed a wish to possess a picture of himself. When he replied that he did, I handed him the slips of paper and told him that on one of them was his photograph. He evidently thought I was making fun of him, and he was half offended, pushing the slips aside; and for some time it was impossible to make him look at them again. Finally, after we had earnestly asked him to look them over, he did so, still unwillingly and carelessly, as though it was a very poor joke. Suddenly he became more attentive; his careless expression gave way to a look of great surprise, and he said, as he picked out the marked slip: '*Why, that is my photograph; but how did that happen?*' We explained to him that after Mr. Aller heard him express the wish to possess his own portrait, he had taken an instantaneous photograph of him while he stood talking to me, without his knowledge. This explanation satisfied him, and with evident pleasure he put the supposed photo into his breast-pocket. Later during the evening he was always willing to show his photograph to anyone who wished to see it. Once, while he was showing it to a gentleman, it was remarked that the portrait was somewhat dim, and he replied that that was no wonder, for it was rather dark when it was taken.

"In order that he should not make himself ridiculous before others by exhibiting a blank piece of paper as his photograph, he was again hypnotized, and it was suggested to him that he

must never show the photograph to anyone. He was awakened, and a short time after I asked him to let me see his photograph again, but he was completely changed in manner. He only replied that it was of no use as I had already seen it. He refused to show it to anyone, even to Mr. Sextus. When he was again hypnotized it was suggested that he forget all about the photograph, which he did.

“ Before I close I will relate a few more experiments, which show the power Mr. Sextus exercises over his subjects. Mr. Sch., was hypnotized, and then I and several others present, tried to make the subject obey us, but in vain; then Mr. Sextus made a pass in the air, and from that moment the subject obeyed me. In this manner Mr. Sextus could put the subject in rapport with anyone of the persons present, and transfer his power over the subject to such persons; but he was also able at any time to take back the influence over the subject to himself. *Thus it was remarkable to see how, when the subject was following the person to whom the power had been transferred, Mr. Sextus could draw the subject toward him, with his outstretched arm, even when the subject had his back turned, and even though Mr. Sextus and the subject were in different rooms.*

“ It was also interesting to observe how blindly the subject obeyed when Mr. Sextus commanded him to exactly imitate every movement made by Mr. Aller, to whom Mr. Sextus transferred the power over him. Mr. Aller placed himself behind the subject; if he walked backwards, the subject walked backwards. If Mr. Aller moved an arm or a leg, so did the subject. *If Mr. Aller made a grimace the subject imitated it exactly, and this, be it remembered, when the back of the subject was turned to Mr. Aller, and this gentleman made his movements without the slightest noise.*

“ The subject, in the cataleptic state, was stretched on the floor. By passing his hand in the air above the subject, Mr.

Sextus caused the body to form a bow, convex side upwards, so that only his head and his heels rested on the floor. At another time during the sleep I held my hand under his nose. Mr. Sextus told him it was a bottle of ammonia, and he at once drew back his head with an expression of pain. Then I held a bottle containing ammonia to his nose; Mr. Sextus told him it was odor of rose, and he hailed it with every sign of delight. Again Mr. Sextus suggested to him that the index finger of his right hand was entirely devoid of feeling, whereas the middle finger of the same hand would be very painful, as it would be cut. I then passed a needle through the index finger any number of times without causing the subject to pay the slightest attention to it, while as soon as I merely touched the middle finger with a piece of paper he drew his hand from me with every evidence of pain.

“ Hoping that I have not tired the reader, I will now make clear the stand I have taken in regard to hypnotism.

“ I am thoroughly convinced that in a physician’s hands hypnotism will often prove an invaluable remedial agency, but at the same time I have received the impression that it was not every physician who should hypnotize, as a great deal of experience is required, which the practice of the average physician prevents him from acquiring. Therefore, it is my idea, that if hypnotism is to accomplish a great deal, physicians should study and practice it as a specialty, undertaking the cure of those diseases which are amenable to its influence for their colleagues who do not hypnotize.”

HYPNOTISM AND THE MEANING AND USE THEREOF, BY  
VIGGO BENDZ, M. D.

I began my theoretic studies in hypnotism and the phenomena connected with it a little over one year ago. According to information received from other places, it was clear to me, that here rested something so mysterious that we would be tempted

to call it charlatanism. However much it looked like that, it still contained a kernel, which if used with care and in the right place and manner, would afford physicians wonderful assistance in certain cases, especially where in spite of drugs and remedies so far tried, all were weaponless towards the relief of the suffering it was their problem to cure, or at least alleviate. I concluded that the inmost character of this kernel was dependent upon the mental influence concentrated on the proper cords by the sick, whose mental condition the physician had penetrated. I was not long in discovering that, which every physician soon learns, the effect he can have on his patients, especially on nervous patients, by his personal appearance and authority; let that, however, be as great as it may, there will always be cases enough where he will come to a stop, on account of the patient's conscious or unconscious resistance and doubt. It was here I intended to see the territory where hypnotism would be of valuable assistance — of course its domain is limited. It could be used, for instance, in cases of disturbed blood circulation, in nervous diseases that had so far defied all other known remedies and methods. In a well directed mental or moral treatment in using hypnotism, we abolish the resistance that makes the patient in a waking condition unsusceptible for a general influence. During the hypnose, we are able to impress the hypnotized with all imaginable representations. We see a young girl feels herself unpleasantly influenced, by smelling a bottle that contains only water, when the hypnotist tells her it is ammonia. Reversing the experiment, another lady is told by the hypnotist that a bottle which really contains ammonia, is lovely ottar of roses, which she inhales with evident delight and pleasure. On another occasion two young ladies are seen kneeling, and believe they see the heavens open and all the angels visible. The hypnotist then impresses the young lady with the belief that all of her muscles are as rigid as steel, and in consequence of which her muscles become strained to a very high degree; they are

stiff, which condition can be easily withdrawn by the hypnotist.

It is also possible, in many cases, to cause a more satisfactory frame of mind, repel feelings of pain, arouse confidence of power in the muscles and movements of the limbs, not only while the hypnose lasts, but also after, and by repeating the treatment several times, with sufficient intervals to give the patient confidence in himself, is exactly what is required for a number of nervous diseases, something which can in very few cases be obtained through energetic mental influence without hypnotizing.

The communications from foreign countries, as well as from this country, about hypnotic cures performed by Mr. C. Sextus, can only tend to strengthen my opinion in regard to hypnotism's actual worth in cases to which it is adapted.

It follows as a matter of course, that where hypnotism can be used as a method of cure, in each special case it should be decided by a man who can examine the patient's physical and mental condition, and who is thoroughly acquainted with hypnotism, not only through books, but through experience. He ought before practicing its use to have watched its effect on several persons of different constitutions and temperaments. He should necessarily have witnessed and understood the different conditions that are shown through the different ways in which hypnose is introduced.

As my interest in the science increased, I gradually acquainted myself with it. My personal experience was limited to a performance given by C. Hansen, the well-known Danish hypnotist, a number of years ago in the People's Theatre in Copenhagen, where I was present as a prejudiced spectator. I concluded to seek out Mr. Carl Sextus, whose good will toward physicians was well known to me. Possibly through him I thought I might be able to see something that would enable me to use hypnotism in my practice. However, if I never used it at all it would always interest me scientifically. *That I pursued*

*this course I have never had any occasion to regret.* I believed I had reasons, and expected to be operated on by a practiced conjurer, but after seeing the man and speaking with him on many occasions I found myself pleasantly surprised. There was nothing at all theatrical or deceptive about him. He took hold of the matter earnestly and seriously, and I found he had unbounded faith in his chosen profession. He does not look upon hypnotism as a supernatural power belonging solely to him. He was willing on all occasions to sift the phenomena with me, explaining what he could, and at the same time admitting that many of the phenomena were beyond his explanation.

At a great sacrifice of his time, he showed me a series of the usual experiments, which are now familiar to those who investigate such matters. He also allowed me to perform different experiments. These phenomena are interesting to all who can witness them at close range, and especially interesting to a physician, when there are a number of subjects and he is able to compare their susceptibility; noting how the hypnose is easily produced on one in a certain way, while a different method is used on another; how it effects the pupil of the eye, the pulse and the breath; while one is susceptible to suggestions, in the other it would be almost impossible to awaken intelligent action. The cataleptic condition is easily produced in one, while other subjects may not be so affected; and last—but not least interesting—how they are awakened by different methods according to their individual condition.

All that Mr. Sextus has shown me and other well known physicians, who have always been present as witnesses, has transpired without the least theatrical effect, and there has been so much left for us to decide and do, that all suspicion of “humbug” disappeared. It was not only as the practiced hypnotist that we knew Mr. Sextus; but we have had many non-hypnotic meetings and interviews with him, and we have thus

acquired an insight into his amiable personality. When the conversation has turned on social life and humanity, he has shown a wonderful comprehension and reflection, surprising in a man of twenty-eight years of age, even though, like Mr. Sextus, he has experienced many changes during his life abroad and such as fall to the lot of very few.

I have carefully examined and questioned those persons hypnotized by Mr. Sextus for me, in regard to their health before and after the experiments, especially if they found themselves nervous, or in any way unpleasantly influenced after the different trials of hypnotizing, but I have not yet received an answer in the affirmative.

There can be none more willing to admit than I that we cannot be too careful in our conclusions, and must also guard against untimely and over-hypnotizing by incompetents, which would bring danger to nervous systems and mental conditions. We stand opposite a remedy, which like all very powerful remedies, can be used to advantage and can also be misused.

I cannot conclude these lines without describing a few of the trials made by Mr. Sextus, as well as some of the experiments he allowed me to perform. I will first mention experiments performed at a distance, which, to the physician, for the time being is of the least consequence—but these offer much of interest, especially because at the unspoken command the subject at a distance obeys, but will not attempt an explanation of this phenomena. Mr. Sextus performed such an experiment for me at a distance of several hundred yards from my residence, where myself and the subject remained. I have also had an opportunity to do something similar with a subject whom Mr. Sextus transferred to my control, under circumstances where he could not possibly play any part, as my wife, in a distant room, wrote the time for the hypnose to commence and conclude, and brought the orders to me without trusting them to anyone else. The conferring of the power of the



hypnotist to another is a phenomenon which certainly awakens great interest, but of which I can see no explanation. When Mr. Sextus has given the control of a subject to another he retains the power by which he can bring the subject under his own control at any time. Mr. Sextus commanded a subject while under hypnose that at a certain time after being awakened he should take a neck-tie pin from one of those present. *The subject positively refused to obey and declared: "You have said, Mr. Sextus, that I should not commit a theft, either sleeping or waking, and I will not do it."* A few weeks earlier Mr. Sextus had hypnotized the same man at my house, and while in hypnotic sleep he was told to steal a watch from a gentleman present, but Mr. Sextus remarked that he should not steal it with the intention of keeping it, but only to show the gentleman how carelessly he wore his gold watch and chain. The subject seemed unwilling to do this and refused. Later on the suggestion was repeated, and the subject was informed that the gentleman understood the whole thing was a joke, and on promising to give the watch back, he immediately placed himself in the vicinity of the gentleman and stole the watch with a certain slyness. The suggestion was made that the experiment was not in any case to be repeated in the future, even as a joke, that he was never to do anything of the kind under any circumstance, but to continue to be what he always had been—an honest man.

Mr. Sextus asserts positively, in regard to hypnotizing of the sick and the influence we thereby secure over them, that when the cure is complete the treatment can be concluded by suggesting that in the future the patient will not be able to be hypnotized in any way, no matter what method may be used, nor who tries—unless he on account of sickness should wish it, and by that means the hypnotist's power over him is broken.

I had an opportunity to ascertain the truth of the above in the case of a lady who had been repeatedly hypnotized by her

husband. She was very susceptible to hypnotic influence, but through suggestion I made it impossible for her to be hypnotized. In the above rests great comfort, both for the sick and the hypnotists, who wish to see hypnotism used as a method of cure.

VIGGO BENDZ, M. D.

STEN Blichers Vej No. 5, Frederiksberg, Copenhagen, Denmark, October 21, 1888.

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EXTRACT FROM STOCKHOLM DAGBLADET, JAN. 20, 1885.

"After being present at Mr. Sextus' seance on the 17th, the subscribers feel justified in calling the attention of the public to the wonderful experiments which we witnessed, and to begin with we would distinctly state, neither imagination nor humbug were elements of this exhibition. These experiments not only deserve the interest of the masses, but much more are worthy of the attention of investigators, as they serve to enlighten us in regard to powers of nature which are as yet almost wholly unknown.

"ANTON NYSTROM, M. D.

"C. F. KLEMMING, Royal Chief Librarian."

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MEDICAL WEEKLY, COPENHAGEN, JULY 2, 1887.

*"A Case of Chronic Morphinism treated by Means of Hypnotism."*

"In various French journals I had read of cases of morphi-nism which had been cured by means of hypnotism, and as I once more determined to free myself from my terrible habit, I grasped this idea as a drowning man clutches a straw. To thoroughly investigate the matter I placed myself in communication with Mr. Carl Sextus, the hypnotist, whose method of handling patients I considered more rational and effective than that of any of the hypnotists with whom I had previously come in contact.

"I succeeded in inducing Mr. Sextus to remain in my home, and every day I was put into a hypnotic sleep for about an hour, after which I felt greatly strengthened and refreshed. At this time I was using about 110 centigrams—or 18 grains—daily, divided in four doses, which were administered by another, so that I did not have the syringe and solution in my possession.

"On the sixth day I forgot to ask for an injection, and from that moment I appreciated the health-bringing influence of hypnotic sleep and by availing myself of it. The amount of morphine used was in one month reduced from 110 centigrams to six centigrams, without bringing on any of the symptoms which usually follow abstinence, although I attended to my practice and lived as usual in other respects.

"During this entire period I was constantly in the best possible humor, sleeping all night from 10:30 to 6, after being hypnotized in bed. I would only add, that every time I slept it was suggested to me that I would feel well and be able constantly to reduce the quantity of morphine consumed.

"J. P. G. JOHANSEN, M. D."

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"At the request of the author of the above statement, I desire to add that from Dr. C. A. Hansen, M. D., in Nysted, who also has treated the author, and who has closely followed the history of the case, I have received a statement agreeing exactly with the above in every detail.

"V. BUDDÉ, M. D., Editor *Medical Weekly*."

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DANISH CONSULATE,  
259 MILWAUKEE AVENUE, CHICAGO, ILL.  
EMIL DREIER, CONSUL.  
OTTO A. DREIER, VICE CONSUL.

*I hereby certify, that the four Danish doctors, Dr. V. Bendz, Dr. A. Lutkin, Dr. H. Schwartz and Dr. J. P. Johansen, who have signed certificates endorsing the hypnotic*

*treatment of Mr. C. Sextus, are regular physicians, graduates of the University of Copenhagen, Denmark, and also certify, that the recommendations are genuine.*

{ Royal }  
{ Seal. }

EMIL DREIER,  
Consul of Denmark.

Chicago, Ill., Nov. 14, 1889.

Chicago, Nov. 16, 1889.

*It is hereby certified, that Mr. Carl Sextus has been recommended by Anton Nyström, M. D., and C. F. Klemming, Librarian of the Royal Library at Stockholm, Sweden, and is favorably mentioned by B. Meyer, M. D., and A. Doe, M. D., from the University of Christiania, Norway, all of whom have been present at seances held by Mr. Sextus.*

{ Royal }  
{ Seal. }

PETER SVANOE,  
Swedish and Norwegian Vice-Consul.

48 Michigan avenue.

ROYAL DANISH CONSULATE,  
CHICAGO.

OTTO A. DREIER, ACTING CONSUL,  
209 FREMONT STREET.

*This will certify that I know the bearer, Mr. Carl Sextus, to be the well-known and accomplished hypnotist, native of the Kingdom of Denmark, who, some years ago, in connection with some of the leading physicians and scientific men of Denmark, performed many marvelous cures and gave many astonishing exhibitions of his skill—which cannot be called in question—as well in Norway and Sweden as in Denmark.*

{ Royal }  
{ Seal. }

OTTO A. DREIER,  
Kgl. Dansk Vice-Consul.  
p. t. Consul.

Chicago, Ill., Feb. 20, 1893.

THE MYSTERIOUS SOUL-POWER OR WILL-POWER ; ALSO CALLED  
TELEPATHY OR MENTAL TELEGRAPHY.

Often people ask : “Is there any power in the mind to produce a result by simply willing it?”

Yes ; everyone has force or will-power, more or less ; but very few understand how to use it.

“Can human magnetism or will-power act at a distance?”

Certainly. The magnetic aura, or nerve ether, has a great sphere of action, as one, by its help, can operate at incredible distances—especially when the operator has been in rapport with a sensitive person. The distances are so considerable that it seems as if no limit can be stated. In such cases of magnetizing or mental telegraphy at long distance the message, or the magnetic aura, is transported by the aid of the will and the sympathy. This peculiar power or will passing from the telegrapher or operator can frequently be applied with success upon persons, who besides being specially sensitive, willingly give themselves up to the operator, particularly upon persons who have been operated upon before.

Magnetism seems to be the special agent of will-power ; and it belongs to the body, while the will is of the soul. There are various electric currents which travel through the earth ; and whatever emanates from the mind (and mind is the creator of all things) falls in with its like and journeys on doing its work.

In the matter of personal magnetism a current can be conveyed for miles when the two persons have previously been in rapport ; and then when a current has been established the positive can send it along to the negative by the mind power or will, which is superior to material force. My own experiments in hypnotizing at a distance, and other hypnotists' experiments in the same line, under the same or similar circumstances, will prove this.







“There is a human telegraphy,” says O. Isychismo (Lisbon.) “There has been reserved for human magnetism, perhaps, one of the greatest triumphs in modern discoveries, that is to say, the superseding of the electric telegraph for the transmission of thought to a distance. Numerous already are the cases in which magnetizers operate upon persons magnetized at enormous distances, and oblige them to do what is required of them, by mental action, just as effectually as if they dictated to them by spoken words.”

In Spain there is a group called the “Spiritual Telephonic Net.” One section of it is at Mahon (on the island of Minorca), and the other at Barcelona (on the coast of the mainland, about 140 miles distant), and the expectations are that what Allan Kardec predicted in his “Book of Mediums,” will be realized.

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### TELEPATHY.

In presenting to my readers the portrait of Professor Robert A. Campbell, I desire to acknowledge my indebtedness to him for this excellent article on Telepathy, and also for much practical assistance in putting this work through the press. Professor Campbell is an earnest, indefatigable and practical investigator who has devoted the best portion of a persistently industrious life to the study of humanity; or as he himself puts it: “My studies are altogether concerning man’s origin, nature, improvement and destiny; with especial reference to the theoretical and practical means of man’s betterment—physically, mentally and morally—here and now.”

There is probably no one who has given telepathy a more critical, exhaustive and practical study than Professor Campbell; and he kindly furnishes the following as his conclusions in regard to the subject:

“Telepathy is comparatively a new word—at least in the sense in which it is now frequently used. By telepathy in this paper I mean the influence which one person, by his will or

mental suggestion and without any material media of communication, may exert over another at a distance.

“The French Academy of Medicine appointed a committee on mesmerism to make a thorough examination of the subject. This committee gave the subject their careful attention for a period of five years, and made an exhaustive report in 1831. The fifteenth section of that report was as follows :

“‘When a person has once put another into what is called a magnetic sleep, he need not always have recourse to passes or personal contact to magnetize the subject again. The look of the magnetizer, his will even, without the look, may exert the same influence upon the subject. This influence is also at times effective when the subject is entirely ignorant of the will of the operator, and even when they are at a considerable distance apart, in different rooms with closed doors between them.’

“The absolute truth of this statement has been abundantly verified time and again by scores of the most careful and reliable operators. Still it is no uncommon thing to hear seemingly intelligent and honest gentlemen—even those who claim to be scientists and students—sneeringly denounce mesmerism as a fraud or delusion, and superciliously allude to mesmeric operators and subjects as being either charlatans or fools, or a mixture of both. It is enough here to say that no one who has fairly examined the subject has any doubt about the truth of the above statement, made more than sixty years since to the French Academy of Medicine.

“*Mesmerists*—that is those who believe in a specific vital entity or influence, emanating from the operator, passing to the subject and acting upon the subject—offer no solution, or even suggestive solution of this influence of the operator’s will, at a distance from the subject, when the latter is ignorant of the operator’s intent. The *hypnotists*—that is those who claim that the operator simply uses mechanical means to induce trance—which they assert is a purely subjective proceeding—are

equally unable to offer any plausible explanation of the admitted facts as above stated.

“Those who follow Sunderland and his theory of suggestion—that is that the operator simply calls up in the mind of the subject the idea of being controlled, and then suggests the idea of certain thoughts and the consequent acts—call this telepathic influence *suggestion at a distance*; but they offer no explanation as to how or why this suggestion is made effective.

“F. W. H. Myers, the great London psychologist and secretary of the London Society for Psychical Research, says in an essay on this subject, read before that learned and well known society, and published in number ten of their proceedings of October, 1886:

“‘In my own view, no complete solution of the problem is possible. We are entirely ignorant of the nature of the force which may be supposed to be operated in the production of telepathic phenomena—to impel or facilitate the passage of thought or sensations from one mind to another without the intervention of the recognized organs of sense.’

“Now, this seems very discouraging to one who desires a solution to this wonderful problem. Of course, there are scores and hundreds of self-assertively wise operators who have given this vast field of investigation a passing attention, who ‘can make the whole thing as clear as mud’ by their complete and complex theories; but no man of learning, who has given the matter serious study and extended examination, pretends to offer more than a merely suggestive and unsatisfactory explanation.

“But we can admit the facts, and duplicate the phenomena without knowing the reason, the essential cause, or the special force that is involved in this class of results. We must have a greater array of facts, and a broader experience which shall employ more and different operators, as well as a wider range of subjects, before we need expect to understand thoroughly

the modes of these operations—much less the special force employed.

“To illustrate: Very few people in this community will question the fact that messages are sent from one city to another by means of telegraph. How many of those who read such messages or receive them are familiar with the material necessities of the telegraph line and the telegraph office? How many are familiar with the mode of transmitting a communication over the wires? How few ever realize that thoughts are never transmitted by telegraph? The operator need not, and in fact does not usually take any note of the thoughts in the message. He simply translates the letters of the communication into dots and dashes. He simply opens and closes the current, that is, he presses on the key a certain time to suggest a dash to the operator at the other end of the line, and half as long to suggest a dot. He removes his pressure from the key a certain time between the dots and dashes that suggest a letter, for a longer time between the combinations that suggest a word, and for a still longer time between the end of one sentence and the beginning of the next. *So thoughts are not transmitted* by telegraph—only mechanical impulses. Nor, is it at all necessary that the expert operator understand the theory—or any theory—of electricity. The *mode* of operation is all he needs to know to be an operator. More than this, it is not necessary for any one to understand the *nature* of electricity in order to successfully build and operate a telegraph line—or any other electrical apparatus. All that needs to be known is the *mode* and *conditions* of its operation.

“In fact no one knows the essential force or nature of electricity, but only some of its conditions of action, and some of its effects. The theory that electricity is a *fluid* that passes along the conductors one way, or both ways, simultaneously, is affirmed and denied by equally honest and equally intelligent men, who have abundant practical experience in the laboratory and in the industrial application of this *unknown* force.

“The *undulatory or vibratory theory* of impact from one atom or molecule, to its next neighbor, along the line of the conductor from operator to receiver, is equally asserted and denied as the fluidic theory.

“But this lack of knowledge as to the *real nature*, and as to the *essential method* of electricity, does not, in the least degree, suggest that we should deny the phenomena of electricity; or that we may repudiate the mechanical conditions and practical methods.

“Now if we accept the facts of electrical phenomena, and utilize their practical results and mechanisms, without knowing all the reasons for these special appliances—except that they have been found effective—why should we deny the facts of telepathy? And why should we demand a satisfactory and full theory and explanation of the newer and higher, while we accept and use the lower and older without any such satisfactory solution?

“How many centuries since the clasp of the hands have intuitively bound lovers in the bonds of affection? How long since a glance from one pair of eyes meeting recognition in another pair of eyes have aroused a latent affection to bless two lives? How long since the impulsive meeting of masculine and feminine lips have aroused hitherto unknown passion, devotion and bliss? How often the peculiar accent of a word—often used before—has revealed and aroused an enthusiastic confidence? How often a gesture of the hand, a glance of the eye, a blushing or paling of the cheek, have established or utterly destroyed the bond between two hearts? How often even the marks of a pen on a sheet of paper have blessed or blighted the fondest hopes?

“And who has denied these occult effects? And who has explained *how* or *why* such things result from such causes?

“But more than all these, how often the face of a dear one in a vision, or a dream—but still more real in the waking and con-

scious life — has appeared to announce the love, the welfare, or, mayhap, the death of the body—and thus the spiritual birth—of the loved one? Nay, how often the feeling of the impalpable and unvisual presence of such a friend has set at rest the anxiety or aroused the apprehension of the sensitive?

“How many question these last phenomena because they never experienced them; not knowing that on the same ground the unloving may question pure affection; and the blind also question light; and the deaf question music, and the leper question touch?

“And who among the blessed and favored throng, who from sweet experience, or anguishing revelation, know the truth of these spiritual companionships, or who among those who believe in them without such illuminated testimony; and who, I ask, has offered any mechanical or material or reasonable explanation of these heavenly experiences?

“*Telepathy*, as it is now called, is simply the name for such experiences as the above, which are now becoming more common—that is more general—than formerly.

“The higher attainments of the exceptional few in any age, is only the prophecy of what will, in some succeeding age, be the general attainment of the fairly average human being.

“The *verbal suggestion* of the operator on the sensitive subject has long been acknowledged. The *self-suggestion* of the subject is nearly as well acknowledged. How this operates is still an unsolved mystery. Why some can effectually suggest and others cannot; why some will be influenced by the suggestion and others not, is plausibly explained by a dominant or weak will, a sensitive or non-sensitive organization, all of which are convenient terms for artistically veiling our real ignorance.

“*Mental suggestion* by the operator on the subject when in each other's presence, is freely acknowledged by all who have given the subject careful attention.

“That some operators who are successful in verbal suggestion are not so in merely mental suggestion, or that some subjects are more readily responsive to such mental suggestion, no more impairs the facts of its occurrence than the parallel facts, that some are better subjects and some are better operators than others.

“And the fact that *purely mental suggestion* has any influence whatever, takes the matter out of the domain of mechanism and outside of the ordinary channels of sensual communication, and into the realm of *mind acting on mind*, by means other than those recognized by the sensualist or the materialist.

“Those who deny the fact of such mental suggestion—the operator and subject being in each other’s visual presence, or near each other but not looking at each other, or neither looking at the other—cannot be convinced by anything I can say—they simply need to examine the subject. Then if such deniers have any faith in human intelligence and integrity they may be convinced. If they have no faith in any experience which they cannot duplicate, then the probability is they cannot be satisfied.

“Now operators are not all equally effective, and are not always equally so. The same is true of subjects. The simple facts, however, are that some operators can and do influence some subjects at a distance; and this is not explained on any known sensual basis. As soon as this is admitted, then the question of distance—a yard or a rod, a furlong or a mile, a mile or a thousand miles, is not a question of theory, but of fact.

“And the facts are that persons who are not operator and subject, in any such sense as those names are used in mesmeric and hypnotic connections, can and do, at will, communicate intelligently with each other telepathically.

“Now, this is not saying that they can at any time, and under all circumstances, communicate; nor that their communications are full and entirely satisfactory. They do, however, at pre-arranged times, convey and receive consciously well-defined,



intelligent and useful communications. There are, too, certain persons—not a great many, however—who can, whenever it is desired, call certain other persons' attention, telepathically. This is frequently done.

“Now, all this is not abnormal, in the sense of being contrary to health, intelligence or purity. It may be called supernatural, in the sense of being unusual. It is abnormal or unnatural only in the same sense that the ripe, mellow, toothsome apple is abnormal or unnatural as compared with the seedling or crab-apple. Telepathy may have an imperfect and uncertain illustration—by way of exception—in a nervous, hysterical or sickly super-sensitive; but fairly reliable and fairly satisfactory results in this line can be experienced only by one who is in bounding health, organically and functionally, in mental harmony and intellectual clearness, and in the line of practical good will, and the consequent state of moral improvement.

“The subject of telepathy, which properly embraces all methods of thought transference which does not mainly employ the usual mechanical means and the usual appeal to the senses, is comparatively a new study which promises great rewards to the patient and successful student.

“I simply desire in closing to say that those who deny the possibility or fact of such phenomena as those referred to above are in good company with those who attempt to explain the phenomena by using such cheap and undefined terms as unconscious cerebration, coincidence, muscle reading, hallucination, insanity, deception, dreams, delusion, imaginative projection, sympathetic ideal-realization, etc. It is just as scientific and consistent to apply these terms to the phenomena of chemistry, steam and electricity as to those of telepathy.”

## CHAPTER XI.

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### NATURAL SOMNAMBULISM OR SLEEP-WALKING.

This interesting and perplexing condition, known from the olden times, into which numerous people of all ages, but generally young persons during seemingly normal sleep, are transferred (often without themselves ever being aware of it), is, even to-day, an unsolved riddle. We have no certain information which throws any satisfactory light upon the source and appearance of this mystic state. I was myself for a couple of years, during my boyhood, frequently under somnambulistic influence. I have been since this condition ceased to appear with me, an earnest and constant investigator of this phenomenon. I have studied, not only my own case, but everything I could find having connection with this matter. It was in the commencement of my twelfth year that I experienced the first symptoms of this condition. Afterwards it returned frequently, though with monthly intervals. According to the statement rendered by my nearest relatives, the somnambulistic state into which I went, appeared in the following way: Immediately after my going to bed (as usual by 10) I fell into a very sound and deep sleep, during which I would remain in the same position and perfectly quiet. From one to two hours it was only with difficulty that the sound of my breathing could be detected. Then all of a sudden my calm and restful appearance would be disturbed. I started to turn about in the bed, from one side to another, and I began to murmur—at first some undistinguishable sentences. Then I grew more eager and excited. I spoke louder, until at last every word could be clearly understood. By this time generally I would slowly raise my head from the



A SLEEP-WALKER.

pillow, until I sat up in the bed. Thus I would remain seated for a few minutes, looking around me with the eyelids partially closed, half bewildered, half surprised. Then, suddenly, as the result of some firmly taken decision, I jumped out of bed and without awaking kept myself at the very place a few moments as if recollecting or planning something, which as soon as accepted I transferred into action. In general, the first thing I undertook was to remove an easy-chair which usually was placed in a corner of the sleeping room. In a very slow but careful manner I wheeled it across the floor toward an oak writing table at which my school books were placed. When this was done I, with a certain dignity, took a seat in the chair, and, opening my books, commenced eagerly and interestingly to peruse all my lessons for the next school day. After having spent half an hour to an hour in this way I replaced the chair in its former position and went to bed. The next day I had not the slightest recollection of my nightly undertakings. Usually a night lamp was burning in the sleeping room, yielding a little light for my reading; but occasionally when the lamp was not there and the room then was involved in complete darkness, I read, apparently, with as much ease as in the light. My brother, who was sleeping in the same room, was often awakened by the noise that I caused, and observed that my eyes were either closed tight or, what was more frequently the case, half opened. It is of interest to remark how greatly developed was my intellectual ability during the sleep, which I will state in the following example :

At the school I had a great desire to create admiration among my school-mates by writing poetry, in accomplishment of which I earnestly admit that I failed entirely. The outcome of my great endeavors was always unmistakably poor. The rhymes, at which I arrived only through great patience and persistence, were meaningless—the whole poem being absurd when finished. Here is where the point comes in. I have, during my somnambulistic

condition produced poetry which, as far as concerns thought, style, rhyme and elegance, can be termed comparatively good poetry, even exposed to the critic of our modern time. I have often while asleep surprised those present by repeating English or French sentences, which languages I at the time spoken of did not study. The solution of the riddle is this: One night I had with remarkable exactness repeated a lesson which had given my brother a good deal of trouble to master, and as I had heard him go over this during the day time, I promptly repeated it during my unconscious state. I did this not only with grammatical correctness, but with a true imitation of my brother's voice and attitudes. As a matter of fact, I generally recited some fragments without connection; but in this special case I certainly must have followed his preparatory exercises with a great attention, as I had not only with perfection acquired my brother's way of pronounciation, but accompanied my repetition of the lesson with a certain attitude of the left hand which was identical with a characteristic movement of his hand whenever speaking or reciting. This caused my brother so much amusement that he by loudly applauding forced me to wake. At other times I sprang out of bed so quickly that striking the floor hard with my feet caused me to awake. Hence my usual work was not performed, and in a kind of surprise I crawled once more into bed, resuming in a short while my natural sleep. Even during my natural sleep I often spoke and readily answered all questions directed to me, especially when the person with whom I was speaking did not address me too loudly, and closely followed the direction of my thoughts.

If he in some way attempted to change the subject of conversation I would wake. Another interesting occurrence was this: One night my brother woke up during a very clamorous speech of mine, in which I with threatening gestures declared that I was going to give two of my school-mates a regular licking, because they had hurt my partiality of good feeling



and kindness toward animals. Not only had they teased our dog and thrown stones at it, but furthermore plundered a bird's nest, which I had preserved for a long time with the utmost care. I have always had an extreme fondness for animals, and never could bear to see anybody commit the slightest cruelty upon them without reproaching the abuser for his ill conduct, and in some cases giving him a severe bodily punishment to revenge my little friend. Evidently I had the previous day been irritated to see my fondness for this dog offended by the boys. I therefore vowed, on the occasion, to treat them according to their behavior as soon as the opportunity appeared. This intention of mine had occupied my last thought immediately before going to bed. My brother, who is a couple of years my senior, spoke to me, and yielding as usual to my ideas, he inquired if it was not possible this time to forgive those boys, if they earnestly promised to do penance and be good in the future. "No," I replied eagerly, "this is not the first time these things have occurred and I am bound in this case to give them a square beating that may serve others as a warning example."

My parents had without success applied several means by which to avert my nightly wanderings. Among other curious methods, they put a big tub with cold water beside my bed, so that when arising in my sonambulistic state I should jump into the water, and in this way be cured of my habit. But with great disappointment my parents saw me move down to the lower end of my bed and very carefully avoid stepping into the tub. This attempt proved altogether fruitless. The means from which I derived my cure was very remarkable. The main thing was that my brother as soon as I, during my sleep, became unrestful and commenced to speak loudly, acceded to all my ideas until I promptly and correctly answered all his questions. Then he in a cunning way managed to change the conversation into the direction of reminding me of my promise,



A SLEEP-WALKER CAREFULLY AVOIDING THE WATER-TUB  
PLACED AT HIS BEDSIDE.



the day previous, according to which I was determined to completely abandon my sleep walking. He emphasized that I, in this special case, would have to show great will power and energy. I promised this, and remained that night quietly sleeping in my bed. This method was continued during several successive nights with wonderful success. I remained in bed undisturbed. At the same time I drank every night a cup of elder tea, which is noted to have calming influence on the sleep. This advice was given to my parents by an old quack very widely known for the wonderful cures he performed. He furthermore informed them that a talk with the sleeper in such case was necessary, and that if this, on account of unwillingness on the part of the sleeper, was not to be obtained, it was easily produced by a slight pressure on the toe of the sleeper's left foot by the operator's first and second finger of the left hand. This was duly affirmed, as my brother successfully tried the experiment on me several times during the period of my recovery from the somnambulistic condition.

I have myself merely for curiosity during my practice applied this experiment, always with the permission of the party concerned. A very remarkable incident which I will not forget to narrate is this: I was often seen standing asleep at the window, eagerly staring at the moon with a fixed interest, while I was in complete darkness with the shades all down. I was frequently observed standing motionless for a long time in the center of the room, with the head bent slightly backward as if beholding something—or with a close attention seeking a certain object. It was proved later on that it was the moon which influenced me to a certain degree at least; that I meant to see the moon is evident, although I was myself unconscious of the fact as well as ignorant of its position at the time of my observation, for my eyes were always fixed in this direction of the firmament. In connection with this I will state that somnambulism usually appeared during the season of full-moon. I

have thus briefly spoken of my boyhood experience as a somnambulist, of which, in later years, I have found no sign of returning. I have done this, of course, with reservation and omittance of details from which no special interest could be derived.

During my fifteen years of practice as a hypnotist, I have succeeded in completely curing several hundred individuals from this peculiar mental condition. The method of my treatment has been to produce artificial somnambulism—so-called “hypnotism”—and by the aid of suggestion, cause the natural somnambulism to disappear. It is not my intention—on this occasion—to proceed any further on the question, as I have in a preceding chapter on “hypnotism, somnambulism and suggestion” clearly expressed my views concerning this matter.

That same old quack, who rendered the above mentioned advice, showed himself to be considerably ahead of his time, as he had an excellent understanding of the theory of “suggestion.”

#### THE DIFFERENT STATES OF SOMNAMBULISM AND THE PHENOMENA IN RELATION THERETO.

As the reader will notice, we have several specimens of somnambulists among which to distinguish. I will name first the artificial somnambulists (hypnotized individuals). Persons, who according to their own will, through the hypnotizer’s operation are thrown into this peculiar condition, we call artificial somnambulists. The natural or spontaneous somnambulist is one who, without himself knowing it, and even against desire, is at times in a somnambulistic condition, by an influence unknown to us. Within this class of natural somnambulists come moon-sick, sleep-walkers and sleep-talkers; these last are not as rare as is generally believed, because nearly all children of both sexes are during the period of sexual development found to be more or less somnambulistic. It is often in the season of full moon observed how people being in perfect health, suddenly

during sleep, have arisen, spoken, sung or cried. They go out of bed and walk about the room, and the next morning when awake, they are completely ignorant of what has passed during the night. As we can regard somnambulism as a higher and stronger form of the hypnotic state, it seems strange that the highest degree of somnambulism is the waking sleep, with this kind of somnambulists appears immediately, while the development through artificial hypnotizing, without exception leads from the lower degrees upward, reaching at last the waking sleep. We can only explain these phenomena through this circumstance, that spontaneous somnambulism very seldom appears with individuals when they are awake; but always at times when these are under influence of the normal sleep, and therefore the above named lower degrees of the hypnotic sleep or condition on account of the normal sleep do not manifest themselves in such a way that they can be made subjects for observation. For the evidence and correctness of this conjecture may be proven by addressing the sleepers in a low voice or by a fixed gaze when they will come into a state of clairvoyance, if they are in some degree disposed to somnambulism. Many such people cannot at all endure this direct gazing, but attempt in many ways to avoid it by turning the face away while the sleep is continued uninterrupted. It is very frequently the case that they after awakening will have a recollection of some dreams, during which a person stepped up to the bedside looking intensively at them or speaking with them. A recollection like this will never present itself after the normal sleep, neither will it do so after the higher states of somnambulism, but result after that condition only, which the lowest degree of hypnosis produces on the individual. The exact influence that causes the development of somnambulism has never been thoroughly verified, but we have good reason to believe that the moon plays an active part. At least several generally acknowledged facts speak to this effect, and it is certain that most cases of spontaneous



DREAMING ABOUT THE MOON.

somnambulism appear during full moon, and that sleepwalkers even if they be present in an absolutely dark room, where not the slightest moonlight could visit them, always seem to be quite sure of the position of the moon, as they constantly turn their faces toward this, and finally, that such persons always seek to avoid everything that prevents them staring at the moon, and appear anxious to shorten the distance between it and themselves by ascending houses, towers, etc., and remaining there until the moon commences to go down. On account of this we can draw the conclusion that there is between the moon and the natural somnambulistic individual some relation—be it that the constant gaze at the moon to which especially young people are devoted, particularly women, has a kind of a hypnotizing influence as has the eyes of the hypnotizer or the shining crystal-prism applied at hypnotic experiments. While younger I have often heard at my home in Denmark, a joke referring to the ladies sitting at the open window before going to bed, to look at the moon—that they need not trouble themselves as the moon had no male population.

Our beloved Longfellow associates the moon with sentiment, sleep and dreams, as follows:

Moon of the summer night!  
Far down yon western steep  
Sink, sink in silver light!  
She sleeps, my lady sleeps!  
Sleeps!

Dreams of the summer night  
Tell her her lover keeps  
Watch while in slumbers light  
She sleeps, my lady sleeps!  
Sleeps!

It is well known that particular positions of the moon in respect to the earth, are accompanied with marked effects upon somnambulists, cataleptics, and persons disposed to insanity (W. Fishbough); and it has from time immemorial been believed





SUPPOSED WITCHES IN AUTO-HYPNOTIZED SOMNAMBULISTIC STATE.

that certain lunar positions have also a decided influence upon the vegetable and animal kingdoms. During eclipses of the sun, when the moon has been directly between that luminary and the earth, hungry animals have been observed to suddenly cease eating and become apparently sad and dejected; and when



IN ECSTASY—BELIEVING THEMSELVES FLYING THROUGH THE  
AIR ON BROOMSTICKS AND HAVING COMMUNI-  
CATIONS WITH SATAN.

eclipses have been total, birds have sometimes been known to fall dead from their perches. Now, neither of these effects can be supposed to result from any modification of the force of gravitation as owing to the relative positions in such cases of



the earth, moon and sun. But if we suppose, as above, that the earth and moon are enveloped in a common "odic" sphere of a nervoid and semi-vital character, and that in this change in its polar relations and consequent qualities of influence upon living organisms, with every change of relative position of the earth, moon and sun, we have an easy solution of the phenomena in question. The supposition of such a change of influence would seem to be countenanced by the results of Reichenbach's experiments.

#### IDIO-SOMNAMBULISM.

The witches of the middle ages, whom we must regard as entirely idio-somnambulistic persons, anointed their bodies with different kinds of salves, which contained narcotic elements; and they were by the alcoloid influence on the blood, or by physical actions, thrown into a somnambulistic hypnotic condition.

To Auto-Somnambulism belongs much that is usually called evil spells and diabolism; and the Voodooism of the Africans, Kanakas and Southern negroes must be largely dependent upon earnest, though unrecognized self-suggestions, induced by mysterious rites and frenzied excitation.

Goethe needs only this explanation to be fully understood in the following from *Faust*:

#### *Chorus of Witches:*

The stubble is yellow, the corn is green,  
 Now to the Brocken the witches go,  
 The nightly multitude here may be seen  
 Gathering, wizard and witch, below.  
 Sir Urian is sitting aloft in the air;  
 Hey over stock! and hey over stone!  
 'Twixt witches and incubi, what shall be done?  
 Tell it who dare! tell it who dare!

#### *A voice:*

Upon a sow-swine, whose farrows were nine,  
 Old Baubo rideth alone.

*Chorus:*

Honor her to whom honor is due:  
 Old Mother Baubo, honor to you!  
 An able sow, with old Baubo upon her,  
 Is worthy of glory, and worthy of honor!  
 The legion of witches is coming behind,  
 Dark'ning the night, and outspeeding the wind.

*A voice:*

Which way comest thou?

*A voice:*

Over Ilsenstein.

The owl was awake in the white moonshine:  
 I saw her at rest in her downy nest,  
 And she stared at me with her broad, bright eye.



*Voices:*

And you may now as well take your course on to hell,  
 Since you ride by so fast on the headlong blast.

*A voice:*

She dropped poison upon me as I passed.  
 Here are the wounds —

*Chorus of witches:*

Come away! come along!  
 The way is wide, the way is long,  
 But what is that for a bedlam throng?  
 Stick with the prong, and scratch with the broom;  
 The child in the cradle lies strangled at home,  
 And the mother is clapping her hands.

*Semi-chorus wizards I:*

We glide in  
 Like snails, when the women are all away;  
 And from a house once given over to sin  
 Women has a thousand steps to stray.

*Semi-chorus II:*

A thousand steps must a woman take,  
 When a man but a single spring will make.

*Voices above:*

Come with us, come with us, from Felunsee.

*Voices below:*

With what joy would we fly through the upper sky!  
 We are washed, we are 'nointed, stark naked are we;  
 But our toil and our pain are forever in vain.

*Both choruses:*

The wind is still, the stars are fled,  
*The melancholy moon is dead,*  
 The magic notes, like spark on spark,  
 Drizzle, whistling through the dark.  
 Come away!

*Voices below:*

Stay, O, stay!

*Voices above:*

Out of the crannies of the rocks  
 Who calls?

*Voice below:*

O, let me join your flocks!  
 I three hundred years have striven

To catch your skirt and mount to heaven  
With company akin to me!

*Both choruses:*

Some on a ram and some on a prong,  
On poles and on broomsticks, we flutter along;  
Forlorn is the wight who can rise not to-night.

*A half-witch below:*

I have been tripping this many an hour;  
Are the others already so far before?  
No quiet at home, and no peace abroad!  
And less, methinks, is found by the road.

*Chorus of witches:*

Come onward away! anoint thee, anoint!  
A witch, to be strong, must anoint—anoint,—  
Then every bough will be boat enough,  
With a rag for a sail we can sweep through the sky.  
Who flies not to-night, when means he to fly?

*Both choruses:*

We cling to the skirt, and we strike on the ground;  
Witch-legions thicken around and around;  
Wizard-swarms cover the heath all over.

[*They descend.*]

When we trace history back to the olden times, and draw the remains from the past ages out of their obscurity, we encounter several things, which for the sake of their curiosity, put Egypt, Lybia, Greece and ancient Rome into consternation, and likewise has arrested the attention of later centuries. In this way has been established among the public as eternal truths which, with a sacred esteem, regarded oracles—sages of a Delphian Apollo—a dodonish Jupiter, a Trophonius from Boeotia and different other sibyllis. Pythia sitting on a tripod outside the Delphian cavern was driven into an agitated ecstasy by the mephitic vapors arising from the tripod. This was but a plain magnetic condition created by the priests (who were well versed in the medical profession), either by inhalation

of vapors or incenses, by certain manipulations performed by the priests, or by bodily exercises in connection with several drugs for internal use, so-called charmed potions, or by rubbing the body with narcotic salves. The ecstasy produced in this way had different aspects. Sometimes the person was very weak, almost unconscious, at other times very noisy, and acted with the greatest vehemence. During this last condition the priestess rushed in a circle around the fuming tripod, her mouth foaming, tearing her hair and flesh, showing in all her attitudes insanity and rage.

THE ORACLE IN THE DELPHIAN CAVERN.—THE DIFFERENT PREPARATIONS USED—PARTLY FROM AN ANCIENT AUTHOR.

Great preparations were made for giving mysteriousness to the oracle, and for commanding the respect paid to it. Among other circumstances relating to the sacrifices that were offered, we may observe that the priestess herself fasted three days, and before she ascended the tripod she bathed herself in the fountain of Castalia. She drank water from that fountain and chewed laurel leaves gathered near it. She was led into the sanctuary by the priests, who placed her upon the tripod. As soon as she began to be agitated by the divine exhalations, her hair stood on end, her aspect became wild and ghostly, her mouth began to foam, and her whole body was suddenly seized with violent tremblings. In this condition she attempted to escape from the prophets, who detained her by force, while her shrieks and howlings made the whole cavern resound, and filled the bystanders with sacred horror. At length, unable to resist the impulse of the god, she surrendered herself to him, and at certain intervals uttered from the bottom of her stomach some unconnected words, which the prophets arranged in order, and put in form of verse—giving them a connection which they had not when they were delivered by the priestess. “The oracle being pronounced, she was taken off the tripod, and conducted



PYTHIA, THE DELPHIAN ORACLE, SEATED ON THE TRIPOD  
OVER THE SACRED CAVERN.

back to her cell, where she continued several days to recover herself from her conflict."

Such effects were in those times considered necessary, particularly so in the case of the priestess. It was of the greatest importance to give a mysterious appearance to the oracle, for the purpose of commanding feeling and respect from the "by-standers with sacred horror."

#### NITROUS OXIDE—THE EFFECTS OF ITS INHALATION.

Coretus who it is said first discovered nitrous oxide's effects upon goats speaks thus: Prompted by curiosity he also approached the mouth of the cavern, and found himself seized with a like fit of madness "skipping, dancing, foretelling things to come." But as we have no evidence upon which we can depend, this skipping, etc., being natural to goats and not agreeing with its effects upon the priestess, we may think of it as we would of all other things that have been said about it, of which the following is a specimen: "This place," speaking of the cavern, "was treated with a singular veneration, and it was soon covered with a kind of chapel, which Pausanius tells us was originally made of laurel boughs, and resembled a large hut. This, says the Phalian tradition, was surrounded by one of wax, and raised by the bees."

#### THE DIFFERENT STATES OR DEGREES OF SOMNAMBULISM IN CONNECTION WITH THOSE OF THE NATURAL SLEEP.

So far my investigations have shown that we can with the same authority divide these in the following way: Human life undergoes a process of development and falls into three chief periods before it reaches its degree of culmination; and we observe in the awake condition of man a gradually ascending development from morning until noon, and later toward evening a descending, resulting at last in sleep. In the same way the nightly condition has a gradual development of a similar character. One and the same typical law rules not only the



development of human life in general, but also rules man's condition when awake and the nightly state of the somnambulist.

From the special degrees I will name the following :

*The animal degree.*—The somnambulism entering and acting on the animal system.

*The sensitive degree.*—Somnambulism entering and acting on the sensitive system.

*The culmination of somnambulism—complete night condition.*—The deepest sleep about midnight.

*The crisis.*—The change from night into day condition.

*The final part of somnambulism—awaking.*

*The vegetative system.*—The phenomena are noted upon entrance of the day condition.

*Complete day condition—awaking.*

In order to return to the different kinds of somnambulism I will state, that besides *spontaneous somnambulism*, *idiosomnambulism* and *artificial somnambulism*, I have observed another class of somnambulists, namely : *hysteric and epileptic somnambulists*, who, during certain periods, from one or another bodily or spiritual cause, came under the influence of natural somnambulism. It is not only in the night-time during the natural sleep that these individuals relapse into this condition : but even in the day-time they may be met in somnambulistic states, in which they may continue days, weeks, months—even years—without giving their associates the least suspicion thereof.

I have heard and read much of such strange cases. I have even met with a few, which I have studied with the greatest interest. It is remarkable that in general it is persons with dark complexion and a rich growth of hair, but with little beard, and people of pale and fair complexion, with the pupils of the eyes very dilated, who come under this condition. We can be convinced as to their condition by holding a lighted match close to the eyes of these persons ; we will then, as in certain degrees of the hypnosis, note only a slight contraction of the pupil.

These somnambulists usually sleep with open eyes, resting on their back; and they snore much. This often leaves a disagreeable impression upon the stranger who happens to witness it for the first time. The pupils are unnaturally dilated, and the eyelids wide open. No winking or nervous drawing together, or movements of the eyelids, betray that the person is alive. The expression of the eye is that of the death-stare. Like the somnambulistic attacks of these last somnambulists their actions during the sleep are uncalculable. We must recollect that we have to do here with a special suffering; and in many cases we must consider severely attacked hysterics and epileptics as a mild form of insanity. We also know how honestly and amiably they will naturally act; and that they at other times are so unexpectedly irritable and distrustful—and also easily influenced, or exhibit even stranger character. Unfortunately when they fall in line with bad associates, they have no power of resistance. Just as uncalculable as they are when awake, so they are during the somnambulistic condition. As a rule dreams in the nighttime are of those objects on which thought is most bent during the day. If persons during sleep speak loudly, we may be sure it is of matters which, during the daytime, puzzled their minds. If a person is a sleep-walker, he performs while asleep actions similar to those which occupies him in the daytime. We can, therefore, with perfect right, in general, proceed from this fact, that a person who during sleep makes an assault on somebody's life, thereby signifies and reveals the secret thoughts of his day-life. This is generally the case with apparently strong and healthy persons as far as the body and soul are concerned, whom we do not suspect as suffering from advancing insanity, hysteria or epilepsy. With persons suffering from these mental disorders we could very soon, during their sleep, become aware of things which would stamp them very badly, if we believed everything said or done by them during their sleep, to be a signification of their true character. Such sufferers could by no



SOMNAMBULIST—PLAYING WHILE ASLEEP.

means be held responsible for their actions whether in awake or sleeping condition. We all know about the silly ideas they are yielding to; they are easily scared, even when dreaming; they become confused; their thoughts are deranged; they scream aloud during their sleep, and believe themselves attacked by wild beasts or horrible monsters. Contrary to this, the normal sleep-walker goes about carefully, in pleasant dreams and seems to throw an air of scientific interest into the task he performs. During this condition his intellect and sense is considerably increased; while on the contrary it is removed to a far lower step with the other kind of somnambulists during the normal sleep. It is, therefore, natural that a person who has committed some bad action during his sleep, can not be altogether excused as he has, what numerous observations clearly show, only brought into action that which occupied his mind the previous day. The individual whose thoughts and conduct are conscientiously in conformity with the laws of society will not act against these laws while asleep. On the contrary, that person who only thinks of crime or revenge, will reveal during his sleep all his evil inclinations, which he, in awake condition, was forced to keep back—considering the surroundings. (In the same way will the drunkard, in almost every case, during his intoxication, show his real character; his cautiousness is abandoned.) If a person commits a crime while asleep and the record of his past life causes suspicion, then it seems to me we can in most cases consider this crime a natural result of his bad character, and we may be so much more at liberty in doing so as it is committed without any restraining power or influence. Being far from considering these actions resulting from fantastic ravings, I will place them among the most independent in human life. I am viewing somnambulism as it is in general, a higher, ennobling condition, with a refinement of feeling and character. The composer creates better music while asleep. The good person is through all his actions equally good, even

better, while asleep than he is when awake. This is particularly proven by what we know has been accomplished by men of prominence during their sleep. As I have formerly remarked these cases do not refer to the hypnotic or epileptic somnambulist or others, whose mental balance is disturbed, whether this be due to the suffering of periodical insanity with hallucinations or to the ghastly nightmare.



SOMNAMBULIST—A JUDGE TRIES A CASE WHILE ASLEEP.

*To illustrate these conclusions of mine, I will give the following examples:*

It has frequently happened that studious men have done really hard mental work while asleep. A stanza of excellent verse is in print which Sir John Herschell is said to have composed while asleep, and to have remembered when he awoke. Goethe often set down on paper the day thoughts and ideas



which had presented themselves to him during the preceding night. A gentleman one night dreamt that he was playing an entirely new game of cards with three friends. When he awoke, the structure and rules of the new game, as created in the dream, came one by one into his memory, and he found them so ingenious that he afterwards frequently played the game. A case is cited where a gentleman in his sleep composed an ode in six stanzas, and set it to music. Tartini, the celebrated Italian vocalist, composed the "Devil's Sonata," in a dream. Lord Thurlow, when a youth at college, found himself one evening unable to finish a piece of Latin composition which he had undertaken. He went to bed full of the subject, fell asleep, finished his composition in a dream, remembered it next morning, and was complimented on the felicitous form which it presented. A remarkable case is given by Weinhold. A musical student was in the habit of rising in the middle of the night, and going to the piano, would arrange his music and sit down and play correctly the piece before him. As showing the acute intelligence which existed in him during this sleeping state, some of his fellow students one night watched him, and suddenly turned the music upside down. The sleeper, however, detected it, quietly restored the sheet to its proper position, and went on playing. On another occasion, one of the strings of the instrument being out of tune, the discordant note so jarred upon his sensibilities that he stopped playing, took down the front of the piano and tuned the offending string before continuing his practice. Another student was accustomed to translate passages from Italian into French during his sleep. He used a dictionary and was most assiduous and correct in his search after the words needed. Touching the sense of sight, which is brought into play during such sleep efforts, a remarkable case is recorded of a young lady, who would rise from her bed and write intelligently and legibly in complete darkness. The most curious feature in connection with her efforts, was

that if the least light was admitted into her room, she was unable to continue. A ray from the moon, passing in at her window, was sufficient to disturb her. She could only continue as long as she was enveloped in perfect darkness. Not content with doing their duty throughout the day, and when they are awake, there seems to be some people who are not satisfied unless they keep themselves employed while they are asleep. Not infrequently individuals have projected and carried to a successful issue, projects which they were quite incapable of attempting when awake. No doubt because they couldn't even if they wished to, dream of doing them unless asleep.

THE INFLUENCE OF MUSIC ON THE SOMNAMBULIST. AS A PROOF OF THIS I WILL STATE A VERY INTERESTING EXPERIMENT.

In the first place I will remind the reader of the great influence of music on every human being. If we hear the resonant ball music, we will naturally undertake certain movements in close connection with the character and tempo of the piece played. Similarly the military band, when playing a national air, will animate and enrapture the people. In the same way will the funeral march relax the muscles, make the walk slower and the expression sad, while not to forget it depresses the temper. Recollecting this, I undertook during my stay in Alexandria (Egypt) seven years ago, an experiment with a natural somnambulist (sleep-walker). I was remaining about a month with a French family, Lamont by name; and it was with a son of the family that I carried out the following experiment: The person mentioned was not directly a sleep-walker, as he remained in bed throughout the entire night, but his sleep was restless, during which he always spoke. As I am a little musical, I had from several instruments selected an excellent mouth organ with very soft and melodious tones, on which, during the twilight hours, I would play some fragments of a noted composition, or at other times, simply fantasy productions,



when I felt inspired to do so. It was very late on a very sultry summer evening, when, after playing for about an hour on the veranda, I left it to retire. I had not the slightest desire for sleep, so I took up a book to read awhile; but I was immediately interrupted by hearing the young man loudly snore in the room adjoining mine. Still holding in my hand my little mouth organ, an idea inspired me. I walked into the room where he was sleeping, and after having placed myself languidly in a chair, I commenced in a soft and faint way to play my instrument. After a lapse of some minutes I observed that he raised himself up in bed. He listened to my music with apparently great attention, and kept his body motionless. Even the usual snoring ceased; and he drew his breath very faintly. In order to make a directly recognized impression, I played almost inaudibly, and as the music grew weaker and weaker he still more attentively bent himself toward me. Suddenly I ceased playing; he was still sitting upright in the bed. After a short time he leaned himself quietly back and continued his sleep. Soon after this his usual snoring could again be distinguished. The next day at the dinner table I narrated the occurrence, which caused great amusement. My next experiment took place a week later, on a clear summer night about 12 o'clock, with the same effect as above stated, though I noted some new and very interesting observations which I will relate:

It was especially interesting to notice the different expressions of his face according to the variety of the tunes. While I played "Tycho Brahes' Farewell to Denmark," (the world's famous Danish astronomer) his aspect was a very serious one; but when I changed it to "The Last Rose of Summer," his face was beaming with delight. His eyes were continually half opened, and I noticed a nervous motion of the eyelids such as we find in hypnotized individuals. He would wake if I suddenly approached his face with my instrument and changed to

a new tune, or when I played false, though in this case only when it was done with a certain force.

The above mentioned experiment I have since tried upon several other persons, and in the majority of cases with success. At other times I have failed, either partly or perfectly.

#### OTHER EXPERIMENTS.

Another interesting experiment is to take a lighted candle in your left hand, and hold it as high as your face. Take position a few steps from the bed and somewhat bent forward, have your eyes and thoughts directed at the sleeper. Clench your right hand tightly, and concentrate your thought to the effect that the sleeper shall leave his bed and follow you. This will occur if he is in some degree subject to somnambulistic influences. The person will first become restless, try to lift his head from the pillow, and finally he will sit up in bed. If the operator slowly moves from the bed, the sleeper will follow him, walking with him till he stops. You must carefully consider the direction you go so that no tables, chairs or any kind of furniture, are in the way of the sleeper, as otherwise he is very likely to stumble against some of them. It is of interest to notice the difference between this and the natural somnambulists who are spontaneously sleep-walkers. The latter will, as we know, seem to be very careful and see or feel everything in their path, and in this way avoid collision with any obstacle they meet; while the former kind of somnambulists are like the hypnotized mediums who will stumble against anything in their way, if the operator does not take proper care to prevent it. Of course this experiment is not to be commenced until the sleeper has been resting a couple of hours. No light should be in the room previous to this operation, during which you must proceed as quietly as possible. As soon as the sleeper begins to move, you must retire a little from the bed, steadily holding the candle in your outstretched left hand, while you

slowly draw yourself backward you will signalize by motions of your head and right hand that the person is to follow you, The thought must all the time be concentrated upon the success of the experiment. The reader will bear in mind that he remains at the very same spot while experimenting, and avoid the least noise; furthermore, he must not gaze too sharply at the sleeping person, when the experiment is about to succeed, as he might easily awake in consequence of the continued staring. The operator must, as a rule, look at the whole person or in the direction of his breast, while he slowly retreats from the bed. This experiment furnishes material for a line of still more remarkable experiments. That the operator's mind, concentration and eye power has a great influence on the sensitive sleeper, is a well known fact. The reader knows surely, of the common experiment by which one can force a person, walking or sitting in front of him, to turn around and look at him, by simply staring at the person's neck for a few minutes. While a mere youth this caused me great amusement. Often when walking with my friends at the crowded thoroughfares of Copenhagen, I offered to bet them that within a given time I would make a certain party walking ahead of us to turn around. Who has not at the theater seen a night scene in which a burglar breaks in; how he in great fear will shyly look at the sleeping occupants, and then suddenly as if frightened, will withdraw his glance to look at everything else but the sleepers. The cause is that the burglar fears that by his look he may awaken them, while the noise he will probably make in carrying out his intentions does not so much bother him, because his instinct more than his judgment tells him that he at any risk, must not gaze too often at the sleepers. In this way it is represented by a clever actor who is real and true in the conception of his role, and in every detail seeks to come up to that special part of the play in which he appears. This is not only represented at the theater; we see it also in real life upon the great stage of

human life. We all know that a play to gain the proper effect must be a true and correct copy of nature.

#### THE INSTINCT OF THE SOMNAMBULIST.

The natural somnambulist will almost always see or anticipate a danger, and as if by instinct avoid it. If the natural somnambulist walks while asleep in dangerous places or on dizzy heights, he will generally return unhurt from his wanderings—if not suddenly awakened by some alarm or voice. In the city of Hamburg, about ten years ago, there occurred a very sensational case, the details of which I will narrate. Upon a moonlight summer night as a gentleman hurried along the streets towards his home, he saw a person, apparently very thinly dressed, walking from one roof to another of the four-story buildings. He called the attention of some young merry fellows to what he saw; and in connection with them called very loudly to the person in order to attract his attention to the threatening danger to which he was exposed. By a wild roar in which they all united the person awakened, became dizzy and lost his balance. For a moment it looked as if death should inevitably be the lot of the unfortunate one, and the party on the street understood how inconsiderately they had acted. But fortunately—who understands the fate or the invisible hands of providence—the person fainted and remained upon the sloping roof where a nail caught his clothing. The combined efforts of those present with the help of the occupants of the house at last succeeded in bringing the sleep-walker into a place of safety. It was a young woman, who, disregarding the defects of her dress, had undertaken this night wandering. By a closer examination it was found that her right arm was broken—thanks to the heedlessness of her apparent helpers. As we may understand, not this young woman only, but generally the greater number of somnambulists, would escape unhurt from their nightly wanderings in dangerous places if no heedless specta-

tors, by erroneous acting, as yelling or screaming, caused the sleepers to awaken too suddenly.

In the other case, the catastrophe will undoubtedly present itself and the unfortunate will meet sure death, unless it happens as in the above case, that providence interferes for a more fortunate result. Of course it is not the idea in such perilous cases to leave the somnambulist walking from one dangerous place to another. In such cases we must by a sensible and well considered method, in a quiet self-possessed manner, try to remove the sleeper from the threatening danger. This will always result in success for that person who with good will attempts to perform his duty towards his fellow men whenever they are in danger.

#### SOMNAMBULISM AND ITS PECULIARITIES.

We are entitled to the admission that the moon plays an influential role on the somnambulist. Why otherwise should he ascend the most perilous walls or scaffolds, if it is not with the intention of getting up as high as possible, to look at the moon. These somnambulists are as a rule women — rarely men — who never, while awake, would have strength enough to ascend such dangerous places, and who never before have attempted anything of the kind, or even for a moment stopped to consider the possibility of such an undertaking. This shows clearly that the claim made by several celebrated physicians that somnambulists could not ascend places or perform work which had not previously occupied their minds is altogether an erroneous one. They state, as a proof, that during sleep it is the spine that directs us and does our thinking, and as a result, while we are asleep, fancy occupies itself with such things as we have previously thought of while awake; furthermore, that the spine is the dominating control during our sleep, which guides us in an automatic way to perform such actions as we in daytime have received an impression of through our chief director, the brain.

This all sounds very plausible, but it can only be accepted in very few cases. Such an one-sided, unreliable theory can not be in harmony with somnambulism in general.

Somnambulism with all its varieties presents itself differently. It is all dependent upon the class to which the person (the sleep-walker) belongs; and to the mental or bodily causes prevailing.

I will mention here the remarkable somnambulistic performance of a Detroit young lady. "One of the most remarkable exhibitions of somnambulism ever given in this city took place about one o'clock Saturday morning, near the corner of High and Sixth streets," says the *Detroit Free Press*. "The principal actor in the serio-comic drama was an eighteen-year old Miss, named Annie Barton, and she was first discovered by C. W. Hedges. He was on his way home, when his attention was attracted by a queer-looking object seated on the top of a grape-vine arbor just over the fence. Stopping, Mr. Hedges looked at the figure until he saw it move. Then he spoke to it; but received no answer. At this juncture Captain C. C. Starkweather, of the Turnbull Avenue Police Station, came along on Sixth street on his way home. He was stopped by Mr. Hedges, who pointed out the queer figure, and they were not long in doubt as to the nature of the apparition. 'It's a woman!' said Captain Starkweather, 'and she must be asleep,' continued Mr. Hedges. Arriving at that conclusion the men opened the gate, and, walking to the arbor, called the sleeping girl, but received no reply. Captain Starkweather began climbing up the arbor, at which the girl started on a lively run, and going the whole length of the arbor roof, made a jump—clearing a space of about eight feet—alighting on the roof of a woodshed. This maneuver astonished men, who awakened Mr. Thompson and his family, and told them that there was a sleep-walker upon their woodshed. Soon Mr. Thompson, his wife and son joined Mr. Hedges and the Captain in the chase.

What was their surprise to find Miss Barton had clambered from the shed to the wing, and thence to the apex of the roof of the main building, where she stood leaning against the chimney. Finally a ladder was procured, and young Tompson climbed to the side of the roof, but getting there found it so covered with snow and ice that it was impossible for him to reach the girl. So down he came, and the ladder was carried to the front of the house, when it was put in position, with one end against the roof-peak. This time Captain Starkweather took off his boots and climbed up. The girl stood quietly until he was within a few feet of her, when she ran toward the wing, and sliding went from one roof to the other; thence she jumped back to the grape-arbor, and before any of the men could get to her, she jumped to the ground; and dashing through a back gate, ran up High street. The chase was then continued to the Crawford Street Park, where she was captured. Then it was found that she was completely dressed, with the exception of a hat and shawl, and that during all of her hazardous midnight ramble she had not received the slightest injury. She was taken to the Turnbull Avenue Police Station until her relatives, being notified, put in their appearance and took her in charge. Her friends say this is the second occasion of the kind in which Miss Barton has taken part."

#### THE STRANGE EFFECTS OF SPONTANEOUS SOMNAMBULISM ON PECULIAR INDIVIDUALS.

Spontaneous somnambulism happens very often—much more frequently than is generally supposed. A person awakens in the morning, and he is, in his thoughts and, in fact, in all respects, an entirely different person than his normal self—as he went to sleep the night before. Let us admit that the person, from the normal sleep, little by little, goes over into the somnambulistic state. He awakes in the morning at the usual time without leaving the somnambulistic state. His thoughts will



then only occupy him with those suggestions or ideas he received in the dreaming condition the night before. Besides going from the normal sleep over into the somnambulistic condition a person may also, while in the normal awake state, go over into this peculiar state of spontaneous somnambulism—even in the midst of the day. We have often heard of such cases, in which a person temporarily goes into the somnambulistic state and as suddenly imagines himself to be an entirely different person, and consequently he acts and thinks as another person. How often do we hear of persons who suddenly, without any reasonable cause, leave their homes or business. They disappear, for a longer or shorter time, from their circle of daily acquaintances, and later on someone finds them somewhere in the same city, or in an entirely strange place, wandering about aimlessly, seemingly without any purposes or ideas what to do. They appear awake, but they are confused and unable to explain what they have done while absent. I will state only a few examples. Some time ago a well-known, honest, highly esteemed government officer disappeared, and a couple of weeks later he was found employed as a waiter in a fifth-class restaurant, situated in an obscure part of the city. Another case: A very well-known and highly esteemed minister suddenly disappeared from his congregation and family. He was accidentally found many miles away, where he had opened a store—buying and selling second-hand clothes. He dealt with the persistence of an expert, like an experienced business man in this line. He went under another name, lived quietly and secluded from all other human beings, except in the line of business. As a business man he was just as honest and respectable as he was as a minister, but without having the slightest idea of having occupied such a position. By a couple of weeks' careful treatment he recovered, little by little, from his slumber (somnambulism) and became again the old jovial minister.

There is no doubt that many of those persons whom we believe to be insane—instead of being brought into an institution for insanity—could be easily cured of their erroneous imaginations by simply using hypnotic treatment; for we know that natural somnambulism disappears under artificial somnambulism.

A fact I have observed, and which I think is of great importance, is that those somnambulists who come under the influence of this condition in day time, never appear to be sleep-walkers at night; and if it happens they will only perform very slight, insignificant things as they never expose themselves to any danger. We have apparently only a few examples of this peculiar condition; but they are nevertheless, in minds more numerous than it is supposed. We find people who after going through some disease, unnoticeably yielding to somnolent conditions without their associates having the slightest knowledge thereof. I will here briefly state an example of these peculiar cases of spontaneous somnambulism occurring in day time with one of these formerly mentioned strongly hysteric or epileptic persons, born with a morbid tendency towards this remarkable condition. We read frequently of judges falling asleep during the hearing of a case, but for a prisoner to be slumbering peacefully during the whole of his trial, is probably an unprecedented occurrence. This curious spectacle was witnessed recently in the Tenth police court, Paris, where a man named Emil David was charged with illegally personating a barrister, and with common swindling. After giving his name in answer to the magistrate, the defendant ceased to reply to the questions put to him, and his counsel explained to the court that David was fast asleep, though his eyes were wide open. The magistrate was of course rather suspicious of such an explanation and in order to prove that his client was not shamming, Maitre Ranaud placed his hands before the prisoner's eyes, and drawing them slowly back, caused him to rise and leap over the barrier which

separated the dock from the court. He was led back to his seat but it was found quite imposible to awaken him. The trial, however, was proceeded with, and Maitre Ranaud in David's defense, explained that he was a highly hysterical, hypnotic subject, and that at times he would remain for long periods in what is known as the "automatic ambulatory" stage of the disease or spontaneous somnambulism. This means that the patient, although in a state of complete somnolence, acts like an ordinary individual, and can travel, carry on a conversation or play cards without any one suspecting that he is asleep. On waking, however, he is entirely unconscious of what he has done while in that condition. This David on one occasion, traveled from Paris to Troyes without being conscious of doing so, and on recovering his senses discovered that he had lost his overcoat with a sum of money in one of the pockets. He had no recollection as to where he had left the garment, but some months later, on telling the story to a surgeon at the Hotel Dieu, the latter artificially threw David into a state of hypnotic sleep, during which he explained the position and the number of the room in a hotel at Troyes where he had left the coat. The landlord was communicated with and the story found to be perfectly correct. The hearing of the case was terminated some time before David could be awakened and the passing of the sentence was delayed for two hours, as the court did not wish to condemn a sleeping man. Finally, when he recovered his senses, the prisoner was informed that on account of his extraordinary temperament his offense would be visited only with a penalty of one month's imprisonment.

There are persons who are thrown into somnambulistic condition while asleep by one or another unknown causes, and who still maintain this condition even after being, seemingly, awake in the morning. They leave home and enter upon the day's business or occupation, and they seem to fill their different places satisfactory, but they never show any special ability or intelligence.

They are what we in daily talk would term dull and habitual—beyond this they have no interest. (The reader must not here be mistaken as to the difference between these sickly somnambulists and the natural somnambulist, who while the condition lasts shows a greater intellectual power than he is known to possess awake. We must therefore arrange the sickly somnambulist under some such classification as hysterics and epileptics, etc.) We find people who perform all the functions of life, live, work, eat and drink, tend to all their daily duties without they themselves or their companions ever understanding the union hereof. Such people will by some sudden violent shock, sensation, disease or other equal causes rapidly extricate themselves from this condition which has held them captive. We see mail-carriers who travel a certain route every day, mechanically stop to look in the same dull way whether they have a letter for Mr. Brown or Mr. Peterson, deliver this if found, walk as their duty may call to the next house—and so on continually. These persons are not always able to recollect what they have done half an hour before, for instance, an occasional conversation, a parcel or letter delivered at a certain place, etc., *simply because it is not directly their duty to remember such things*, and it is outside of their mechanical daily duty. They have taught themselves the recollective power merely for the sake of existence. They will mechanically avoid any danger on the public thoroughfares or crossings but they pay no attention to details. As an example I will state how a mail-carrier often collides with by-passing people, where the thickness of the crowd or any particular hurry on the part of the mail-carrier is not the cause. At the moment of the collision he looks up with a kind of dumb, absent expression on his face, making an excuse and walks on proceeding with his occupation in the old state of apathy. I could state numbers of other examples if space permitted. The reader may suggest that the person spoken of has been lost in his own

thoughts, occupied merely by his duty, perhaps trying to solve some scientific problem. No,—this is, so far as the mail-carrier and his duty is concerned, hardly acceptable. If a deep thinker who really performs wonderful work with his brain is at times apt to relapse into a state of dreamy reveries it will appear to be periodical and, under such conditions, only when the moment demands his full attention. With the other persons mentioned this condition is without these or similar reasons—always present year after year, often half a lifetime—until some sudden change throws them out of the remarkable half-dreamy existence and restores them to that absolute normal state of awakened life in which they were found before the interference of the condition spoken of.

A very interesting case of auto-somnambulism, or self-hypnotizing, occurred eleven years ago to a photographer in Newcastle, England, of which I was an eye-witness. One day I was visiting the photographer in his atelier when a working-man with wife and two children came in to sit for a picture of the whole family. As the family expressed their willingness I remained. After being placed in their respective positions and asked to look at a certain point, the photographer proceeded with his work. At the time of which I speak the photographer was not provided with the excellent apparatus of the present day. Persons who desired a picture often sat several minutes in the same position looking in a certain direction. To sit like that is always very tiresome, and it frequently happened that it had a peculiar hypnotic effect upon the sitter, as is illustrated by the following. The first sitting was not a success, and when the second was taken to his satisfaction he said to the family: "You are through; you can leave your seats." The whole family arose except the husband, who remained in his position without moving. The photographer again told him in a louder voice that he was through, but he remained still as motionless as before. The photographer slapped him on the

shoulder and, looking right in his face, told him in a loud voice that he was through. The man's face flushed, and he jumped from his chair as from a slumber. He was now fully awakened. The party left the atelier and I asked the photographer if he had seen cases like this before. He answered me: "Yes, very often; but it seems to me that in general it happens with people who are not used to being photographed, and to those whose movements are lazy and drowsy. No doubt it is people who mean to exactly follow my instructions that are affected in this way."

I have seen people employed in a factory or in the field, sleepy fishermen, and others in this remarkable condition. With the striking examples that I have studied I could easily fill a book. At the east and west coast of Denmark there are scattered a number of villages which are, with only a few exceptions, inhabited by fishermen. I have here seen many interesting cases. These people are easily influenced by the melancholy aspect of the Danish heaths, the monotonous roaring of the sea, and the breaking of the waves against the stones of the beach; and their occupation, taught when in boyhood, calling for their strict attention day after day, leaves no time for mental activity or development. How often have I while a boy sat down at the seashore as children like and, with great interest, watched the endless waves, listening to the roar of the gale and then, with a certain anxiety, have seen the fishermen of the village go into their boats and gradually disappear from my view. Always I heard the same monotonous melodies, the same sorrowful songs, nearly all of which had a religious tendency, describing unfortunate love, or those evil spirits that dwell in the ocean watching with greedy covetousness for the victims of the sea when it rages. These people, notwithstanding their daily duty with repairing boats and nets, their nightly excursions on the sea, the repetition of their melancholy songs—appear to be living-dead, performing all absolutely necessary

functions and actions—always in a certain somnambulistic mentally sleeping condition. Such people are frequently met with on the coast of Scotland and other places in Europe. They are at the same time known to be seers and clairvoyants, of which they have often given satisfactory proofs. This is analogical with the person who in bed during a somnambulistic condition has similar visions; also with the artificial somnambulist, the hypnotic individual who, during this condition, sometimes shows a similar clairvoyant ability. These and similar conditions are worthy a closer study and observation. It is of great disadvantage to modern science that these cases have not been taken up by some advanced scientist who could give it a close investigation; but perhaps this, too, will find its remedy some day in the future. Among others I find the natural sleep worthy a real study, as we, in fact, know nothing of it, and I consider it an interesting condition. An experiment which I find of much value to observe, and to which most people pay no attention, is self-suggestion. Numerous people are able to fix the hour at which they wish to awake in the morning and to awaken at exactly the time appointed. Furthermore it is of interest to observe our dreams during the so-called normal sleep, among which the plurality surely are due to an overfilled stomach, bad digestion, and similar causes. Other dreams may appear completely independent of these reasons—dreams that really have come to pass at a later time, dreams of things that had occurred already, dreams of approaching danger, dreams in which the sleeping individual beheld deceased persons or living friends that were hundreds of miles from the dreamer. This is often, as we know, the case with the other kind of dreamers; namely, the somnambulistic sleep-walkers, who, with their eyes wide open, either lying in bed or walking around the floor, believe themselves engaged in conversation with deceased or absent friends. Homer has, in different works, several times treated this interesting subject in a way that shows the deep



familiarity and knowledge this great spirit possessed in regard to somnambulism and dream life. Even the ancient philosophical authors of Greece, Hippocrates and Aristoteles, have paid somnambulism a certain attention in a still higher degree than we find it discussed by some of our modern scientists.

Hippocrates wrote: "I have known many persons during sleep moaning and calling out, . . . and others rising up, fleeing out of doors and afterward becoming well and rational as before—although they may be pale and weak."

Aristoteles said: "Some are moved while they sleep and perform many things which pertain to wakefulness, though not without a certain phantasm and a certain sense; for a dream is often in a certain manner a sensible perception." Altogether there were in ancient times those who paid great attention to these things, not merely among the masses, but the great poets sought among these phenomena objects for some of their most wonderful poems. From the abundance I cite Homer in the following poem:

Hush'd by the murmurs of a rolling deep,  
 Achilles sinks in the soft arm of sleep.  
 When, lo! the shade, before his closing eyes,  
 Of sad Patroclus rose. He saw him rise  
 In the same robe he living wore. He came  
 In stature, voice, and pleasant look the same.  
 The form familiar hover'd o'er his head.  
 And sleeps Achilles (thus the phantom said),  
 Sleeps my Achilles, his Patroclus dead?  
 Living, I seem'd his dearest, tenderest care,  
 But now forgot, I wander in the air,  
 Let my pale corse the rites of burial know,  
 And give me entrance in the realms below.  
 And is it thou? (he answers). To my sight  
 Once more returnest thou from realms of night?  
 O more than brother! Think each office paid,  
 Whate'er can rest a disembodied shade;  
 But grant one last embrace, unhappy boy!  
 Afford at least that melancholy joy.

He said, and with his longing arms essay'd  
 In vain to grasp the visionary shade;  
 Like a thin smoke he sees the spirit fly,  
 And hears a feeble, lamentable cry.  
 Confused he wakes, amazement breaks the bands  
 Of golden sleep, and starting from the sands  
 Pensive he muses with uplifted hands:

'Tis true, 'tis certain; man, though dead, retains  
 Part of himself, the immortal mind remains;  
 The form subsists without the body's aid  
 Aërial semblance, and an empty shade!  
 This night my friend, so late in battle lost,  
 Stood at my side, a pensive, plaintive ghost;  
 Even now familiar, as in life, he came  
 Alas! how different! yet how like the same!

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### SLEEP-WALKING.

BY D. HACK TUKE, M. D., LL. D., LONDON.

One of my correspondents sends me a remarkable instance of a girl learning her lessons in her sleep. How this came about I must briefly state. Her father, who had held a good position as a country gentleman, died in debt. The mother was in great distress, and having given up her country house, sent her daughters to a day school, telling them that they must profit to the uttermost by the teaching, which she could so ill afford to give them. They were much impressed with their mother's words, and set to work industriously. They took their school books up to bed with them, intending to learn the lessons set them. In the morning when they awoke, one of the daughters found, when fully awake and applying her mind to her lessons, that she had learnt them already. Now, this happened morning after morning, and the mother puzzled herself over the mystery in vain. One night, however, she happened to be visiting, and did not return home till very late. The moon was shining brightly on the window of the room where the daugh-

ter slept, and she descried her daughter's form. She went quietly upstairs, and entering the room, found her daughter seated at the window in her night-dress only and sound asleep. Her lesson book, which was in her hand, was the subject of her earnest but unconscious study. The mystery was solved. She was trying to obey her mother's desire "to profit to the uttermost" by the instruction given her.

I confess that I received this remarkable statement with some hesitation in the first instance.\* At the same time it is not more extraordinary than working out a problem in Euclid, as in the following instance. The process of committing to memory is, indeed, not so high a mental deed as this. A school teacher, now living, had conducted a geometry class among the boys for some months, and gave them, as an examination exercise, to prove the 47th problem of Euclid, Book I., taking nothing but the axioms and postulatis as granted. Many tried it, but only one succeeded in the contest. For some time he was baffled with one stage of the proof, and retired to bed with his mind full of difficulty. Late that night the teacher, in going round the bed room before retiring to rest, found this boy kneeling on his bed, with his face to the wall, and pointing from spot to spot, as if following a proof in a figure on a black-board. He was so absorbed in his occupation that he neither noticed the light of the candle nor answered when addressed by name; in short, he was asleep. He was not disturbed, but was left still proving his problem.

Next morning, before he left his bed room, the teacher said to him: "Well, John, have you finished your proof?" His reply was: "Yes, I have; I dreamt it, and remembered my dream this morning, and got out of bed as soon as I could see and wrote it out at the window."

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\*I have met recently with a passage in Abercrombie's *Intellectual Powers*, in which he says: "There are many instances on record of persons composing during the state of somnambulism; as of boys rising in their sleep and finishing their tasks which they had left incomplete." (P. 239.)

A barrister sleep-walker writes: "On one occasion I came down stairs in my night-dress to warn my family not to drink the beer, as I had seen a crow fall into it when it was brewing. This was, of course, only a dream, as no such thing had really occurred." He adds: "Very vivid dreams are always associated with sleep-walking, in my case. I always dream, when I sleep, if only for a moment, and always did so. I compose poems and solve problems in my dreams, and feel great delight and satisfaction in so doing; but when I awake I find the poems often without any meaning, and the solutions of problems are trash and false. I have also words and sentences of horror in my dreams which are nonsense. Moreover, I often wake with an impression of the enormous size of the furniture of my bedroom."

Lord Culpepper's brother, famous as a sleep-walker, and whose portrait, by Sir Peter Lely, is given in Lodge's *Historical Portraits*, was indicted at the Old Bailey, in 1686, for shooting one of the guards and his horse. The defense set up was somnambulism, and he was acquitted, after his counsel had called in his favor nearly fifty witnesses to bear testimony to the marvelous exploits he performed during sleep. See Macnish's *Philosophy of Sleep*.

Dr. Yellowlees writes to me: "I know an individual who, when a boy, was found one night standing up in bed and furiously shaking the bedpost. The explanation was that he had been reading Uncle Tom's Cabin, and believed, in his dream, that he had got hold of Legree! When a student he was amazed one morning to find that he had the fire-irons beside him in bed, and could only explain it by remembering that he had dreamed that robbers were going to break into the house, and that he had intended to confront them with the poker. Substitute for the bedpost a child in the bed or room, and clearly this might have easily become a criminal case."

Furthermore D. Hack Tuke says: "One of my correspondents, a schoolmaster for forty years, informs me that he has

from time to time met with cases of sleep-walking among his boys, and that he can not recall a single instance in which he has failed to effect a cure. He thinks he owed the idea to some observations in Upham's *Mental Philosophy*. He thus writes: Shortly before the sleep-walker's usual time of going to bed, I call him to one side and say in a serious tone: 'Henry, I find you were out of bed, and making a disturbance in your room, last night.' 'Sir,' he replies, 'I was asleep; I know nothing about it!' Then I say, 'I will say nothing more about it on this occasion, but such a thing must not occur again.' 'But, sir, I could not help it. I was asleep.' 'Well,' I respond, 'you hear what I say. I would not advise you to let it occur again.' The boy leaves me, possibly with the feeling that he is somewhat hardly dealt with, but with an established motive for checking the tendency to somnambulism, a motive which doubtless will continue to actuate him, even in sleep."

A lad of eight, very fond of his rocking-horse, got up in his sleep, went into the nursery and mounted it. The motion of the ride awoke him, and he was astonished to find himself thus engaged.

One boy who is more intelligent than the others, told Dr. Beach, that another boy got out of the bed one night and offered to fight, and that the boy's eyes were open. He pulled this boy back to bed, and asked him next morning what he wanted to fight him for, and the lad replied that he had nightmare.

A girl, about twelve years old, walked in her sleep, the only occasion, as she believes, in her life. She was at the time at school, and had a quarrel with a schoolfellow on the previous day. She arose from her bed in her sleep, whether or not after a dream is not known, and proceeded to the bed of the other girl, and then violently pulled her hair. The assaulted girl called out lustily, when assistance arrived, and the unconscious assaulter was discovered to be in a state of somnambulism. On awaking she knew nothing whatever of what had happened.

Dr. Ireland, in reply to my inquiries, has sent me only one case, and that was in a most intelligent imbecile who was subject to severe epileptic fits. He had dyschoramatopsia, being quite unable to distinguish colors. He could speak freely on ordinary subjects. One evening he walked up stairs in a state of somnambulism, and went to the right bed. One day in the school, he suddenly ceased attending to what was going on, then left his seat and walked about, regardless of the remarks of the other boys, and what was said to him. When he awoke he was quite oblivious of what he had done. He also walked in his sleep in the night, but awoke so quickly that Dr. Ireland was unable to see him in time.

Yet what did the celebrated Foderi say as to the criminal responsibility of somnambulists? He pronounced them to be culpable. "It seems to me," he writes, "that a man who has committed a bad action during sleep is not wholly inexcusable, since in accordance with most observations, he is only executing the plans which occupied his mind when awake. He, in short, whose conduct is always in relation to his social duties, does not belie his character when he is alone with his soul. He on the contrary, who only thinks of crimes, deceit and vengeance, displays during sleep the recesses of his depraved inclination which external circumstances had restrained when awake. If such a man then commits a crime, and he is a suspicious character, one is justified, it seems to me, in considering this crime as a natural consequence of the immoral character of his ideas and one should judge this action as all the more free, in that it has been committed without any constraint or particular influence. Far from considering these acts insane, I regard them as the most voluntary that can be witnessed in human nature."

Macario records a case of sleep-walking in an old woman of eighty-one.

## SLEEP-WALKING.

BY JAMES ESDAILE, M. D., CIVIL ASSISTANT SURGEON,  
H. C. S., BENGAL, INDIA.

Sometimes one or more senses remain active after the others have gone to rest; the wants of the waking organ are transmitted to the sensorium, and are followed by an effort of the will to gratify them. The sleeper rises and performs the actions necessary to satisfy his desires; eye-sight to a small extent, usually assists; if not, hearing and touch come to his aid, and guide him with singular accuracy in known localities. I may here give an illustration from my own experience, of the preternatural acuteness of hearing, developed to aid the somnambulist in getting out of his troubles. In my youth I was an eager sportsman, by flood and field, and one night after a fatiguing day's sport, I found myself in the middle of the room and very cold, but could not possibly contrive to get back to bed again. My last waking impression was made by the ticking of my watch under the pillow, and this recollection came to revive me from my difficulties. After the most mature reflection, it occurred to me that if I could only detect my watch by its ticking I should also find my bed. Acting upon this happy idea, I hunted my watch by ear, till I actually found it and got into bed again, as the reward of sound reasoning and perseverance.

I may also here notice a similar instance which occurred to my brother, a clergyman in Scotland. I give it in his own words: "Returning to London, after a tedious and dangerous voyage from the continent, I retired to bed shortly after reaching my hotel. I had taken possession of a spacious apartment, in which were two beds, of which only one was occupied. I soon fell asleep, as I thought, but in a short time I left my bed, and wandered about in the greatest perplexity, under the idea that I was still on board the foreign steamer, which I recently left. I went from berth to berth, as I conceived, beseeching all



to show me my own berth. At last I came in contact with the empty bed, and creeping over it, got in between it and the wall. I was long in getting out of this new dilemma, and resuming my applications to the numerous sleepers by whom I fancied myself surrounded. I remember well one part of the affair, which filled me with the greatest trepidation. I came up to a small table, on which I distinctly heard a watch ticking. The idea came into my head that should the owner awake and find me in such a suspicious proximity to his watch, he would denounce me as a thief. I spoke long and eloquently, rebuking the base suspicion, but the sleeper remaining unmoved, I passed about in despair. I came to the door, but having locked it, it did not yield to my attempt at opening, but on coming to the window I drew up the blind, and was still more bewildered on seeing the mighty mass of London spread out before me. The light of the moon, however, striking on the watch was at last the means of restoring me to the full use of my senses. It suddenly occurred to me that the watch was my own. I instantly seized it and forthwith was wide awake. I was in the middle of the room and in a cold sweat. A considerable time must have elapsed during the occurrences above described, and the curious thing is that my eyes were wide open the whole time. I spoke only French and that with the greatest volubility."

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## SLEEP-WALKING.

BY WINHART, THE WELL-KNOWN GERMAN PHYSICIAN  
AND SCIENTIST.

The sleep-walker, when otherwise healthy, falls at a particular period into a common sleep, which cannot be distinguished from the natural state of repose. After a longer or shorter time, he rises from his couch and walks about the room—sometimes about the house. He frequently goes out into the open

air, walks upon known and unknown paths as quickly and with as much activity and confidence as in his waking state; avoids all obstacles which may stand, or have been designedly placed in his route, and makes his way along rugged paths, and climbs dangerous heights which he would never think of attempting when awake. He reads printed and written papers, writes as well and correctly as in his waking state, and performs many other operations requiring light and the natural use of the eyes. All those actions, however, are performed by the somnambulist in complete darkness as well as when awake, and generally with his eyes firmly closed. When the period of his somnambulism has elapsed, he returns to his bed, falls back again into his natural sleep, awakes at his natural hour, and in most instances, knows nothing of what he has done in his sleep-walking state. At the same time, there are very few persons who exhibit all of these phenomena, or even the greater number of them. For the most part, they only wander about without any other peculiar manifestations; and the instances in which several of the phenomena in question are exhibited are rare.

A very remarkable case from the "Breslau Medical Collections." It relates to a rope-maker who was frequently overtaken by sleep, even in the day time and in the midst of his usual occupations. While in this state, he sometimes recommenced doing all that he had been engaged in doing the previous part of the day; at other times he would continue the work in which he happened to be engaged at the commencement of the paroxysm, and finished his business with as great ease and success as when awake. When the fit overtook him in traveling, he proceeded on his journey with the same facility, and almost faster than when awake, without missing the road or stumbling over anything. In this manner he repeatedly went from Nuremberg to Weimar. Upon one of these occasions he came into a narrow lane where there lay some timber. He passed over it regularly without injury, and with equal dexterity he avoided

the horses and carriages that came in his way. At another time he was overtaken by sleep just as he was about to set out for Weimar on horseback. He rode through the river Ilme, allowed his horse to drink, and drew up his legs to prevent them getting wet, then passed through several streets, crossed the market place, which was at that time full of people, carts and booths, and arrived in safety at the home of an acquaintance, when he awoke. These and many similar acts requiring the use of the eyes, he performed in darkness as well as by daylight. His eyes, however, were firmly closed and he could not see when they were forced open and stimulated by light brought near them. His other senses appeared to be equally dormant as were his eyes. He could not smell the most volatile spirit. He felt nothing when pinched, pricked or struck. He heard nothing when called by his name, or even when a pistol was discharged close beside him.

There is another case, somewhat older, observed and circumstantially reported by a trustworthy physician, Dr. Knoll, which equally deserves our attention. The subject of his observation was a young man, a gardener, who became somnambulous, and while in that state performed many extraordinary operations. He generally fell asleep about 8 o'clock in the evening and then began to utter devotional sentences and prayers. Afterwards he went out of the house, clambered over a high wooden partition and a still higher wall, uninjured, passed through several streets and returned. At another time he climbed up to the roof of the house and rode astride upon the ridge, as if upon horseback, clambered about for some time upon the roof, and at length descended in safety. With a view to prevent accidents, he was locked up in a room and watched. When he became somnambulous, at the usual time, he began to perform all sorts of operations with his clothes and the furniture of the room. He climbed up to the window sill, and from thence to a stone which was much higher and at some distance, and rode upon

the latter as if upon a horse. The height of the stone, the distance from the window, and its small breadth, were such that a person awake would scarcely have ventured to attempt these operations. After descending from the stone, he knocked a large table about hither and thither, and finding it was likely to fall on him, he very dexterously contrived to evade it. He gathered together all the clothes he could find in the room, mixed them together, then separated them carefully and hung them up, each article in its proper place. The old stockings and shoes he endeavored to arrange in pairs, according to their shape and color, as if he actually saw them. He then laid hold of a needle, which he had stuck in the wall some weeks before, and sewed his small-clothes. Besides these, he performed a variety of other operations, all requiring the light and the use of the eyes, with which it would appear, he was enabled to dispense.

Furthermore, I may refer to the case observed by the Archbishop of Bordeaux, and reported in the great French Encyclopedia. It is the case of a young ecclesiastic, in the same seminary with the Archbishop, who was in the habit of getting up during the night in a state of somnambulism, of going to his room, taking pen, ink, and paper, and composing and writing sermons. When he had finished one page of the paper on which he was writing, he would read over what he had written and correct it. Upon one occasion he had made use of the expression "*ce divin enfant*." In reading over the passage he changed the adjective "*divin*" into "*adorable*." Perceiving, however, that the pronoun "*ce*" could not stand before the word "*adorable*," he added to the former the letter "*t*." In order to ascertain whether the somnambulist made really any use of his eyes, the Archbishop held a piece of pasteboard under his chin to prevent him from seeing the paper on which he was writing, but he continued to write on without appearing to be incommoded in the slightest degree.

The paper on which he was writing was taken away, but the somnambulist immediately perceived the change. He wrote pieces of music while in this state, and in the same manner *with his eyes closed*. The words were placed under the musical notes. It happened upon one occasion that the words were written in too large a character, and did not stand precisely under the corresponding notes. He soon perceived the error, blotted out the part, and wrote it over again with great exactness.

I hope that these examples, to which I might add a great many others, will be sufficient to show that the somnambulist, during this extraordinary state, is enabled, apparently without the use of his eyes, to receive impressions equally well, or, at least, with the same consequences to his perceptive faculty as when awake.

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### SLEEP-WALKING.

**FREAK OF A SOMNAMBULIST—HE GETS HIS KNIFE AND STARTS TO DISSECT HIS ROOMMATE WHILE ASLEEP.**

A somnambulist sometimes does queer things, and here is one of the queerest things a somnambulist ever did: Mr. Roe Edwards, a traveling salesman for Moor, Marsh & Co., is as well known through south and southwest Georgia as any gentleman on the road, says the *Atlanta Constitution*. For years he traveled for Seisel & Hech, of Macon, and during that time it was a crime for any man in that section of the state to wear a hat not sold by Mr. Edwards. But now people will begin to wonder whether Mr. Edwards was awake or asleep when he sold those hats. Among Mr. Edwards' many acquaintances is Mr. Will Johnson, who is known from Atlanta to Richmond as a traveling salesman for J. W. & E. C. Atkins. It was Mr. Johnson who discovered that Mr. Edwards was a somnambulist. The discovery was a startling revelation to both gentle-

men. A day or two ago Mr. Edwards casually met on the street an old friend from Webster county, who is now attending lectures at the Atlanta Medical college. Mr. Edward's friend was none other than William Terry, a bright and promising young man. The meeting was an agreeable surprise to both gentlemen, and as they separated Mr. Edwards said :

"Terry, we haven't met since I sold a big bill of hats in your town, and I want to talk with you. Suppose you come and pass the night with me?"

Mr. Terry, who will soon be a full-fledged doctor, accepted the invitation, and that evening met Mr. Johnson. The next morning, as Mr. Terry was leaving, he said:

"Roe, I have been talking to you about the science of medicine. Have you ever been in a dissecting-room?"

"No, I haven't," answered the drummer.

"Would you like to see one?"

"You bet I would."

"Then if you'll meet me at 1 o'clock I'll see that you get a chance to go through a room full of dead bodies all under the knife."

Mr. Edwards asked Mr. Perry to call at the store for him, and at the appointed time the medical student was there. The two friends went to the college and through the lecture rooms, and then into the dissecting room. As they entered the door Mr. Perry turned to his friend with a smile, saying :

"Now, Roe, don't faint, or I'll have you for my first patient."

"That threat is sufficient," said Mr. Edwards, "to prevent the weakest woman from fainting."

The interior of the dissecting room did not seem to affect Mr. Edwards, except to interest him. There were fifty or sixty students in the room, who were working upon a dozen subjects with the knife. The drummer looked at the work carefully and commented upon it.

That night Mr. Edwards, with his friend Mr. Johnson, went to De Give's. "Around the World in Eighty Days" was on the boards, and was interesting to Mr. Johnson, but Mr. Edwards wore an abstracted air during the performance. As the two gentlemen were walking home Mr. Johnson said:

"How did you enjoy the show, Roe?"

"I did not enjoy it much," answered Mr. Edwards, "for I could not get that blamed dissecting room off my mind ten minutes. The more I think about it the more vivid those subjects appear to me. The first thing I thought of when the duelists started to fight was if they would both be killed they would be fine subjects for dissecting. When the sutler was rescued and the priest shot, I thought that the medical institute would like to get hold of him, and again, where all the Indians were killed I would think if that college could secure their bodies they would have subjects enough to last them some time, and it was just that way throughout the entire play."

After reaching home the two gentlemen retired. They occupied the same room, and in a short time they were both asleep and dreaming. Mr. Edwards' dreams, however, carried him back to the dissecting room, and, thinking he was a doctor, he began glancing at his knife. In his overcoat pocket Mr. Edwards carried a pair of gloves. In the dissecting room he observed that students used gloves, and, arising, he secured the gloves and drew them on. Then his dream went on. But the dream was fast approaching reality. Just why Mr. Edwards' mind in his dream turned to a scientific explanation of the ear cannot be told, but it did. After putting on his gloves and securing his knife, he approached the bed upon which his friend, Mr. Johnson was asleep. As he walked up to the bed his mind appeared to be saying:

"Oh, here's that dissecting table and here's the subject."

Then he reached down, and, catching Mr. Johnson's ear with one hand, held the knife up with the other. He began



hunting for the part which distinguished sound, thinking to himself:

"I'll see why people are deaf."

The knife-blade touched the ear and Mr. Johnson awoke with a jump. He then threw his hand to his head as he arose, and drew it away covered with blood. At the same time he observed Mr. Edwards standing beside his bed, knife in hand. His eyes were wide open, but there was a peculiar gaze in them.

"What in the name of God is the matter?" asked Mr. Johnson.

"I am going to dissect this body," said Mr. Edwards in an even tone.

Mr. Johnson sprang from his bed, and, grabbing his friend by the shoulders, exclaimed:

"Edwards! Edwards! What's the matter?"

Mr. Edwards did not move, and in an instant Mr. Johnson realized that his friend was in a somnambulistic state. Gathering him by the shoulders again, Mr. Johnson gave Mr. Edwards a shake.

"Oh!" said Mr. Edwards, pleasantly, "boys, this corpse has come to."

Mr. Johnson continued to shake his bedfellow, and finally succeeded in awaking him. The situation was a painful one to Mr. Edwards, and, turning his knife over to his friend, he said:

"Take this, and I'll tie myself to the bed."

He then tied his feet to the bed with his suspenders, but could not sleep again.

## CHAPTER XII.

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### INTRODUCTION OF HYPNOTISM IN CHICAGO.

HYPNOTISM INTRODUCED INTO WELL-KNOWN CHICAGO  
RESIDENCES—IT IS NOW APPRECIATED AND UNDERSTOOD  
—NOT MERELY AS A MEANS OF ENTERTAINMENT;  
BUT IT IS ALSO RECOGNIZED AND RECOMMENDED  
AS A METHOD BY WHICH NUMEROUS  
DISEASES ARE CURED.

#### I.

My first private seance in Chicago took place at the residence of Mr. Robert Lindblom, the noted Board of Trade operator who is widely known as a man of liberal ideas, progressive thought, and one who takes a great interest in everything new in the field of economics, science and art. Shortly after my arrival in Chicago I was introduced to this gentleman, and later I received a very courteous invitation to spend the evening with his family. The hearty reception from Mr. Lindblom and his family in their hospitable home, soon put me in the best disposition, and the cordial amiability of all present gave perfect condition. This culminated when Mr. Lindblom ordered in the champagne, and, lifting his glass during an elegant speech, bade me welcome to the "land of the free," while extending his wishes for my future success and prosperity.

My hospitable host endeavored to keep hypnotism out of the conversation (in order to oblige me as a guest), but it was all in vain, for the inquisitiveness of those present gradually became more pressing. The result was that I was asked to perform a



HYPNOTIC SEANCE AT THE RESIDENCE OF MR. ROBERT LINDBLOM — THE FASCINATED SUBJECT FOLLOWING THE MOVEMENTS OF THE OPERATOR'S HAND.

few hypnotic experiments. To secure the necessary subject proved rather difficult; for the ladies were afraid, and the gentlemen simply would not submit themselves. The interest in the matter was not diminished; but everyone would be a spectator, and no one cared to be the subject.

At last we found a trial subject—an elderly, well known gentleman, Captain S., a friend of the family, who consented to submit himself to my proceedings. Captain S. was a little past sixty years, and had been an artillery captain in the Northern army during the late war. His health was not good, as he had a poor appetite and suffered from insomnia and attacks of melancholia. Dr. Pratt and Dr. Johnson, well-known Chicago physicians, both of whom had frequently treated the captain, were present; and they asked him repeatedly to yield to the trial. I was of course willing, although I stated that a young person would have been preferable, especially in consideration of the captain's hesitation. Those present grouped themselves at a safe distance from my dreaded proximity, and anxiously awaited the result. I asked the captain to take a seat in a comfortable chair; to give himself up entirely to my influence, to be utterly passive for about ten minutes and to remain in the position in which I first placed him. Mr. Lorenzo Fagersteen took his place at the piano and played masterly Chopin's mourning march, which soon brought about the real hypnotic mood; even the good-humored captain was seemingly impressed and influenced by the music. During the music, I seized the occasion to perform my manipulations. After a lapse of about five minutes the captain's head dropped upon his chest, and loud snoring announced that he had entered upon a deep hypnotic sleep. The party now formed a circle around me and the subject. Commencing, I outstretched the captain's left arm, made a few passes from his forehead down to his finger tips, thereby making it impossible for him to lower his arm. With his arm outstretched on a level with the shoulder, the captain made

every effort to force it down, but in vain. The cataleptic condition ceased instantly upon a couple of manipulations. By a slight touch of his forehead I made it impossible for him to answer my questions; likewise by a few passes I prevented him from closing or opening his eyelids according to my wishes. In spite of all his efforts he was not able to leave his seat. The



THE SUBJECT HAS FORGOTTEN HER NAME.

quick beating of his heart I made normal simply by placing my right hand over his heart, the left on his forehead, at the same time suggesting the heart to beat slower and slower until it finally would be normal. Several other experiments were then presented, but the most interesting was the last suggestion

given to the captain before his awakening. I suggested to him that he in the future should retire every evening at 10 o'clock, when no necessary business prevented him doing so; that he should enjoy a comfortable night's sleep, wake up in the morning at 7 o'clock and feel himself hearty and strengthened. The suggestion was repeated a couple of times in order to deepen the effect. Furthermore, I suggested to him that a few minutes after being awake, he should approach his old friend Mr. Lindblom, heartily shake hands with him, and tell him that the captain was feeling exceptionally well. This was all accomplished in every detail—after the cessation of the hypnotic sleep. The captain's wife also being present, was somewhat anxious when her husband submitted himself to the experiment, because she believed hypnotism to be dangerous to him—either it would injure his system, or that possibly he could not be released again from the condition. She was fully relieved when she saw her husband in the happiest of moods, feeling even better than he did before the hypnotization. With regard to my suggestions concerning humor, sleep and appetite, they all brought the best result. Mr. Pfeiffer, representative for the *Chicago Tribune*, who was also present, had asked me to perform the post-hypnotic experiment, as to what the captain should do after being awake. When the experiment was performed in close conformity with the order given, Mr. Pfeiffer was seemingly very much pleased. Mr. Pfeiffer declared that he had been highly interested in my experiments, and that they had far surpassed his expectations.

## II.

My next seance was at the home of the well-known merchant, Fritz Frantzen. Among those present were B. Meyer, M. D., A. Doe, M. D., Louis Pio, editor, C. F. Bryhn, editor. In the course of the evening two persons were put into the hypnotic sleep, one of these being Miss P., a rela-



tive of Mrs. F. Frantzen. With her I performed a line of general experiments, one of which was that, through my suggestions, she for about fifteen minutes believed herself to be the famous Diva Adelina Patti, from whose repertoire she gave several numbers in such a remarkably attractive and fascinating manner that, even with her splendid voice, she could not repeat when awake. The other subject was a young man, twenty-one years of age, employed with Mr. Frantzen. My first attempt



DRAWING THE SUBJECT BACKWARDS.

with him failed; upon repeating it I brought him completely under control. During his hypnotic condition he enjoyed for about half an hour the happy belief that he was first Napoleon the first, then the president of the United States. While this happy inspiration lasted he diverted us with speeches, either as Napoleon speaking to his soldiers or as the president in the council of his cabinet officers. The young lady, who often



suffered from headache and who, before the hypnotic action, complained thereof, when awaked from the hypnotic condition, declared herself completely relieved.

### III.

My third hypnotic seance in Chicago was with the late Colonel John C. Bundy, editor of the *Religio-Philosophical Journal*. This seance was of a more serious nature, as it was for the purpose of curing a sufferer. Mr. Bundy and his wife both took a living interest in hypnotism and I am glad to state that I have passed several enjoyable evenings in this comfortable home, where our conversation mostly concerned hypnotism and related phenomena. An interesting proof of the curative powers of hypnotism can be found in the following: When Mr. Bundy's servant was very sick, suffering from fever and rheumatism, I was sent for one forenoon about 10 o'clock in order to aid him through hypnotism. As soon as I entered his bedroom I took a stand at the head end of his bed and asked him to look steadily at my eyes. After a lapse of four minutes he was entirely under my influence. I then placed his limbs in different positions, which he was unable to change. This proved the presence of the cataleptic condition. Suggestion was then given him that he inside of a couple of hours should feel much better, desire to rise from bed, eat a good meal and proceed with his work as usual. At 2 o'clock p. m. he left his bed lively and happy and soon ate his dinner with good appetite. At 4 p. m. he was able to perform his usual work, being in such good humor that he was singing and whistling at it.

### IV.

My fourth seance in Chicago took place at the residence of Mrs. Papin, 2926 Michigan ave., a lady well known in Chicago society. The interest of my experiments in this centered in a young man, twenty-two years of age, who was then first

brought into hypnotic condition, and with whom I performed a number of different and very interesting experiments. The young man, who was of a bashful disposition, maintained, during the entire hypnose, exactly the same appearance. Before his hypnotization the ladies served refreshments, and he was asked whether he liked tropical fruits, and he answered "Yes." During the hypnose I presented him with a couple of raw potatoes declaring them to be newly imported oranges from Messina, at the same time asking him to forego all formality and eat all he desired. The taste and delight for fruit which he enjoyed in a normal condition was not diminished during the hypnotic state. It was my intention to let him have only a couple of bites of the potatoes; but before I was able to stop him he had with greedy rapidity swallowed more than half of one of them. The look of arrogance and satisfaction he gave us while like a gourmand he enjoyed the imagined tropical fruit was altogether comical. An emperor at his table could not act with more splendor and the delight he showed in drinking Lake Michigan water for champagne was evident as the effects from a real intoxication did not fail in presenting themselves.

A young lady who had formerly been hypnotized was now brought under influence. I performed with her a line of interesting experiments. Among other things she gave us in an interesting and entertaining way remarkable answers to several inquiries directed to her—answers that would be worthy of an oracle. She was in a clairvoyant condition. One of the first experiments I performed with her was to give her the idea that she was in a garden picking flowers. I suggested that a certain flower would produce sneezing when she smelled of it, and it proved to be the case. By suggesting to her that she was out on the lake sailing in stormy and tempestuous weather, all the symptoms of a beginning sea-sickness appeared and she was awakened. Another young lady (a relation to the family) was hypnotized. It took me seven and one-half minutes to produce

a complete hypnose. Different experiments of interest were then presented, of which I will mention that after being placed on a certain spot she had no ability to move; and she could not, in spite of all her efforts, open her clenched hands. It is of special interest to remark that the lady, during the hypnose,



INHALES WATER AND BELIEVES IT IS AMMONIA.

seemed to be also in the clairvoyant state; for I noticed that she made several movements which I thought of suggesting to her, and this, although her eyes during the sleep were perfectly closed, with her back turned on me, she repeated, with close exactness, my different attitudes and expressions, the different

moods expressed in my face. As the family was very anxious concerning her during the hypnose, I, in accordance with their wishes, caused her to awake after these experiments. After being awakened she declared that she felt remarkably well.

## V.

My fifth seance was given at the home of Mr. and Mrs. Babut, the well-known French family, No. 274 La Salle avenue. Like most French people they showed a living interest in hypnotism (we know that France is the motherland of hypnotism), and I had the pleasure here of demonstrating several of those wonders reached only by the aid of hypnotism. In this hospitable home I had the opportunity of experimenting for once, in the real sense of the word, to a cosmopolitan attendance, as there were present two American attorneys, an English judge, a French physician, an Italian, a Russian, an Austrian, and a Dane. Mr. P., a young bookkeeper, was first hypnotized. After having performed a few of the more introductory experiments one of the guests asked me whether it was possible to make the subject, who was an American born in Philadelphia, believe that he was really a native of France, and in true accordance herewith get the bearing, manners, and appearance of a real Parisian gentleman. By the aid of suggestions this was successfully done, and he soon thought himself an officer and then believed himself speaking for the ladies at a dinner party. At other moments he imagined that he was strolling along the gay boulevards of modern Paris. Mr. P. was then given the suggestion for a shorter time that he was a Paris ballet-master, and when he then commenced, at my order, to whirl around in the most daring ballet attitudes, which all had an appearance of grace and elegance, he seemed evidently so highly interested in his new dignity that it was only at the expense of much time and continued efforts that he was led back to reality—once more to be the serious and amiable bookkeeper.

A young lady, Miss M., a delicate blonde, with blue eyes and a pale complexion, was then hypnotized, and was the subject in a number of interesting experiments following each other quickly. It was suggested to her that she saw the heavens



THE SUBJECT DANCES "TA-RA-RA-BOM-DE-AY" WITH HIS SWEETHEART.

open, and kneeling down, with outstretched arms, she beheld with a reverent gaze, the fancied clouds and listened with extreme delight to the angelic music that was suggested. She remained in this position for about ten or twelve minutes without

the least trembling of her arms to betray any exhaustion whatever; on the contrary, she seemed with true delight to enjoy her vision. Different other suggestions were then given her



HYPNOTIZING BY PASSES ONLY, WITHOUT TOUCHING THE  
SUBJECT.

and the result was, in every case, excellent. She proved to be a brilliant subject. The last suggestion, according to which she



was to wake up at a certain time, was also successful. Another young lady, Miss C. C., 19 years old, with a lively temper, very dark eyes and hair, was then hypnotized. The young lady was French, and a relative of one of the families present. The hypnose was in this case very rapidly produced. By the aid of the fascination method I commanded her suddenly to close her eyelids tight and sleep. Then I made a few passes and she was completely under influence. After experimenting for a while I suggested to her that she, at a certain time after being awake, should suddenly arise from her seat, walk across the floor in the



THE SUBJECT CANNOT STRIKE.

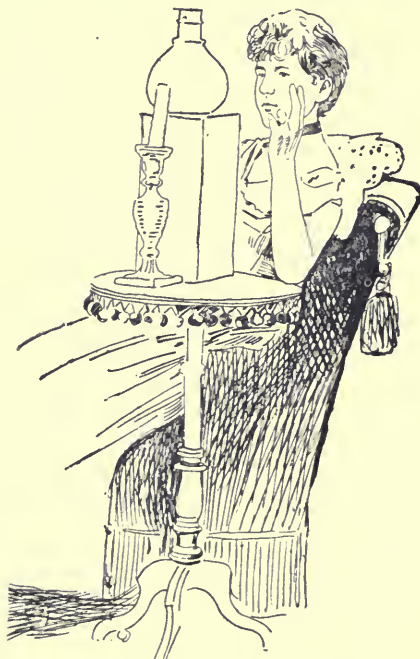
direction of Mr. Krzisch, give him her hand saying, loudly and distinctly, "How do you do?" This all came to pass in accordance with the instruction given, at exactly the time appointed, although the young lady was not aware of the suggestion and had not once looked at her watch.

During a second seance at the residence of Mr. R. Lindblom four persons were hypnotized. Mr. Lindblom who, as



above stated, took a great interest in hypnotism, had in the mean time taken a course with me in its theory and practice, and on this occasion gave an illustration of his skill in several very interesting and successful experiments.

My first subject was a young mechanic, with whom I had a perfect success. A movement of my hand, and he could not



TELLING OF THE ABSENT.

remember his name. With my arm outstretched and my hand clenched I asked him to aim well and hit it; but in spite of all his efforts it was impossible for him to do so. By a slight pressure on his forehead and a couple of manipulations from head to feet he was altogether cataleptic—as stiff as a piece of wood, so that when placed on top of two chairs, his neck rest-

ing on one and his heels on the other, he was completely rigid and capable of bearing heavy weights. An intermission followed, during which the servant served refreshments. I was then asked to make an attempt with him. He consented, and was successfully and quickly influenced. The next subject was Mr. Lindblom's coachman, with whom the former had already experimented successfully. Before leaving we had still another very interesting illustration. A young lady, Miss F., was hypnotized. She whistled for us as a real virtuoso—believing herself to be a young man. At the wish of Count Lövenhaupt, the secretary of the Swedish Legation at Washington, I consented to try an experiment in clairvoyance. This was done in the following manner: The gas was turned down, and a decanter filled with water was placed in front of the subject at such a height as to be on a level with her eyes. A lighted candle was put behind the decanter with the flame at the center of it. The subject was now asked to gaze at the water and relate to us what she saw. A few minutes passed in silence, when suddenly the subject's face became animated; her lips began to move—but her words, if any, were inaudible. Upon asking her to speak louder she increased her voice, and very lively scenes soon followed. She described lovely valleys with the melodious chirping of birds—then dark and majestic mountains with dashing rivers, and the stunted vegetation laid waste by sweeping winds. Then she was out in the fields caressing the horses or scolding a big red cow which, as it seemed in her vision, had attacked a large black dog of hers. After these descriptions of varied scenery which aroused, by turns, gravity and merriment in the audience, I placed my hand at the lady's head and asked one of those present to think of a certain object unknown to my subject and myself. In order to make the subject describe the object thought of Mr. Lindblom concentrated his thoughts upon a certain person of whose location he was at the time ignorant. Mr. Lindblom asked me to inquire of the subject as to this per-

son's whereabouts and his present occupation. The subject remained silently looking into the water; then she commenced to speak with great excitement giving a good description of a well-known Board of Trade member who was then seated at a card-table, with other gentlemen, in a room of which she also gave a very exact description. The gentleman mentioned seemed to be in some kind of excitement—having a little “scrap” with his comrades. Then she commenced to imitate the attitudes and movements of this gentleman with such remarkable exactness that there could be no doubt that she had found the person thought of by Mr. Lindblom. The next day, on the Board, Mr. Lindblom asked the gentleman mentioned as to where he had been the previous evening and his occupation there. The answer given proved in every detail the correctness of the subject's statement.

I gave a seance at the Ashland club, corner Washington boulevard and Wood street. As it was the visitors day, the club-house was crowded, although it was a warm spring evening. After the appearance of different artists and music by the Tomaso mandolin orchestra, my seance was the next number on the program. On account of the large audience the space given me for the performance of my experiments, was rather limited—which was, of course, somewhat inconvenient. I began experimenting with five members of the club. After a lapse of ten minutes I had two gentlemen under influence. With the first—a young man—I had but a limited success. I controlled him as to the opening and closing of his eyes; but could not further influence him. I therefore dismissed him, giving my full attention to the other—Mr. S., secretary of the club, with whom I had excellent success. I now entered upon a number of interesting experiments among which were the following: Placing the subject's hands upon the palms of my own, I told him that I would nail them to mine, so that he, a minute after could not withdraw them, regardless of all his

attempts to do so. The minute passed, I asked him to try; but in spite of all his struggling, covering his forehead with perspiration, it was impossible. I now took a large bottle containing strong ammonia and suggesting to him that he had a severe cold, and that in order to avoid catarrh he should inhale this excellent, soothing and fragrant perfume. I put the bottle to his nose. With his face beaming with delight, Mr. S. inhaled the strong ammonia with eager desire to continue, for his eyes



IMITATING THE HYPNOTIST.

followed the direction of the bottle with the most living expression of disappointment when I removed it. I asked several among the audience, to convince them as to the contents of the bottle—by smelling it. The effect was that their eyes watered and they started from their seats with various grimaces. Asking one of Mr. S.'s friends to put the palm of his hand up to the subjects nose, I suggesting to Mr. S. that a famous physician

from Paris had him under treatment for his catarrh, and that it was an absolute necessity for him to inhale some very strong ammonia. Mr. S. commenced to inhale the fancied ammonia with the greatest aversion shown upon his face; and when the hand of his friend was placed still closer to his nose, he held out his hand in an averting manner, turning his head with a vivid expression of resistance. The suggestion had resulted in producing tears in his eyes, as well as convulsive contraction of the facial muscles. Before Mr. S. was awakened I was asked to give him a post-hypnotic order, by which we understand an order to perform a certain action at a certain time after his waking. Several members of the club asked me presently, to suggest to Mr. S. that he, six and a half minutes after being awoke should sing a song. I asked whether Mr. S. was a singer and received the answer, "No, not very much, for the simple reason that he is completely lacking in voice." I attempted to explain how unnatural it would be to suggest Mr. S. to sing under such circumstances—that it was a fact that I could improve the faculty and talent of an individual in such case, but that it was impossible where the necessary foundation of voice was lacking. But the audience, in a humorous mood, insisted on the song. I at last yielded, giving Mr. S. the suggestion. I repeated the instructions a couple of times and asked Mr. S. to distinctly remember my wish, and about two minutes after I awakened him several of his friends gathered around him, asking him all kinds of questions as to how he felt—if he didn't have a headache—whether he was sure of being perfectly awake. To the last inquiry he responded with a statement of his sincere conviction thereof.

Meanwhile the minutes passed away and the time drew near for the suggested song. Suddenly, while Mr. S. was engaged in a lively conversation with a couple of gentlemen, and the rest of the audience was giving him very close attention, he interrupted the conversation, gazed fixedly out upon space, made a

few motions as of a man whose coat is too tight, spread out his legs, hemmed as if in the need of more air, made elegant passes with his right hand as if he were the famous Mierzwinski himself, opened his mouth, made a quick step forward, shook his head and hemmed again. Then he clasped with both hands around his collar, trying to widen it out as if he was near being strangled, exclaiming rapidly with a faltering voice: "Professor what have you done with me? Get me out of this. I feel just as if I am not myself any more." Suddenly he hums another tune and exclaims in utter despair: "I can't sing." A loud applause followed the confusion; and by a few manipulations I soon released him from his embarrassing situation when he was first completely awake. Mr. S. afterwards told me that he had never been in a more peculiar state than while he was standing there amidst the eagerly waiting audience, feeling within himself for the first time in his life a strong desire to appear as a singer—being at the same time convinced of his own inability. After about twenty minutes intermission, I hypnotized Miss W. N., a young lady, with whom many experiments showed my complete influence. One of special interest was when I asked the young lady to speak upon a subject which some one present might suggest. In the midst of the lecture she suddenly exclaimed: "Look there what a large beautiful cat!" and calling it by name, she pointed at one of the gentlemen sitting near by. The gentleman was very much surprised, and explained that just at that very moment, without being able to give any special reason for it, he had been thinking of a cat called by the name mentioned, which was to be found at his home down south. This gentleman was the son of a well-known senator, and a transient visitor in Chicago.

I gave a very interesting seance at the residence of Mr. Wright, president of the Chicago Theosophical Society, where I had in every respect, a most enjoyable evening, and where I had the pleasure of performing for Mr. Wright and his guests,



a number of successful hypnotic experiments. Before the arrival of the parties invited, Mr. Wright and I had a long and interesting conversation concerning the progress made in the magnetic treatment of different diseases—that is treatment in the awake condition through passes not accompanied by any sleep.



THE HAPPY FISHERMAN.

Late in the evening I had the satisfaction of practically proving the correctness of my statement, as I had the opportunity of treating a couple of those present, for nervous sufferings. Mr. Wright himself had been very busy during the day and did not



feel altogether well in the early part of the evening. I asked him to be seated as comfortable as possible, and at the same time to make himself passive to my influence. Then by the aid of a few magnetic passes, I caused the indisposition to disappear. Mr. Wright, who is very sensitive, declared that during the treatment he felt a soothing warm rush, like a current through his entire body from head to foot, whenever I touched him lightly or moved my hands along the nerves. Mr. Wright stated further, that he was able to perceive my magnetic atmosphere which was of a piquant sweetly odor, especially strong when my finger tips were moved downward through the air at a distance of about an inch from his face. This declaration from Mr. Wright interested me particularly, because many of my patients have noticed and spoken of the same thing.

One of my seances took place at the editorial office of the daily *Skandinaven*. In order to convince the editors that no special preparations are necessary to produce the hypnose with a susceptible individual, I requested a couple of the editors to submit themselves to my influence. But as they all wished to be spectators, I was compelled to abandon the idea of getting an editor asleep. A young printer, Mr. M., responded to my request and submitted himself as a subject, on the conditions that he was not to be kept under influence for a longer time than that agreed upon, and that he should not be exhausted in performing too many experiments. After a lapse of about seven minutes he was completely hypnotized; and I then performed with him a number of interesting experiments, in regard to which I quote from an article in the *Skandinaven* of the next day the following:

Mr. Sextus proved his hypnotic powers by a series of experiments in the editorial office of the *Skandinaven*, among which were the following: A young man was brought into hypnotic sleep. A match was held right up before his eyes, and as this did not produce contraction of the pupil, it was decided that the sleep was not simulated. During this condition it was suggested to the hypnotized person, that ten minutes after

being awake he would enter the office of the chief editor and shake hands with him, at the same time shouting, "Hail and long life for the *Skandinaven*." Mr. M. was then awakened. He declared himself "all right;" but after being seated for awhile he commenced to show some agitation. When questioned in regard to this, he expressed a sincere wish to see the chief editor, and upon entering the office of that gentleman, he did what he was told to do.

In a seance given at the residence of Mr. W. T. Delihant, 240 East Indiana street, all the experiments were successful. At a second seance at the same place, in accordance with a request from Mr. D. who, besides being a successful business man is an excellent amateur hypnotist, I performed the following experiments: I made the subject turn his back on me so that he was facing the wall (where there was no mirror) with his eyes tightly closed. Then I placed a penholder with a pen between my lips having my mind closely concentrated with a view of transferring the thought to my subject that he was performing the same act and that he could also taste the ink. After two minutes the subject commenced to spit continually and, when questioned as to his reason for so doing, he answered that he had the feeling of having a writing pen in his mouth which tasted disagreeable from ink. I influenced the same subject so that he expressed my thoughts.

## XI.

I gave a seance at the residence of Mrs. L. Mason, who is well known in Chicago Theosophical circles and who takes a lively interest in all occult phenomena. Among others present were Mr. Henry C. O. Heineman, editor of the *Chicago Press*, and Colonel Louis Ayme, now at the World's Fair headquarters, Mr. Koloman Ritter von Krzisch, Mr. Ed. F. Bideleux, Mr. Hermann Meyer, Mr. R. O. Wardwell and Mr. Charles Matthey. I performed successfully several hypnotic experiments similar to those already mentioned. As a last number on the program of the evening Col. Ayme kindly gave us a surprising evidence

of his remarkable psychometric power. I will especially mention the following experiment: I had in my pocketbook a very rare and valuable coin which, shortly before my departure from Denmark, was presented to me by a noted Danish landowner.



THE SUBJECT BELIEVES HIMSELF A NURSE, WITH A BABY  
IN HIS ARMS.

The detailed circumstances under which this coin was presented to me, as well as everything else connected with its history, I had never related to anyone in this country. Col. Ayme placed the coin in his hand, closed his fingers over it, and asked for a

few minutes' silence. Being seated in an easy position, with his eyes closed, he described (inside of twelve minutes) the history of the coin to the least details; and he even pictured the person from whom I had received it—his residence as well as its location.

Mrs. Mason likewise surprised us the same evening with some wonderful experiments in Psychometry.

## XII.

I gave a seance at the residence of Mr. R. J. Francis, editor of *The Progressive Thinker*, 40 Loomis street, where I met a sympathetic assembly among whom were Dr. R. Greer, Sr., and Rufus H. Bartlett. I hypnotized two ladies and one gentleman. With the ladies, Mrs. W. and Miss A. M., I performed several interesting experiments; but as these were only a repetition of previously mentioned experiments I will not weary the reader in reviewing them here. With the gentleman, Mr. F., I performed an experiment of more noteworthy interest. I was informed that he had a great devotion for music, and a short time ago had purchased a violin; but that as yet he had received only a few hours' instruction. Upon my request a violin was brought, which I handed to the subject. I now suggested to him that he was the world-famous Ole Bull, now appearing on the brilliantly-lighted stage with a select audience before him. I told him to play the "Last Rose of Summer," but with such a feeling and melodious harmony as only he, the grand master of the violin, was capable of. Earlier in the evening he had expressed to me his wish to learn especially to play this melody. The reader must remember that, in his normal condition at this time, he was unable to play the tune mentioned. His face took on a serious expression, and, with great dignity, he began to tune his instrument. Then he commenced to play the "Last Rose of Summer" with such pathos and excellence in performance that an expert musician present declared it to be

wonderful, and the whole party of course shared this opinion. Mr. Francis, at a later date, reviewed my experiment in his paper in terms very flattering to me.

### XIII.

I gave a second seance at the same place; when after an excellent musical prelude I hypnotized Mrs. H. Concerning this entertainment I will simply quote as follows from the *Progressive Thinker*:

After the music, Mr. Carl Sextus gave a proof of the wonderful power of hypnotism. After some very amusing experiments, he demonstrated how a hypnotic subject would act under a suggestion, and that he keeps time after coming out of the hypnotic sleep.

### XIV.

I gave a seance with Mr. and Mrs. Voorhees, 47 Campbell Park, and out of six persons I hypnotized four ladies, with whom, in the course of the evening, I performed all the experiments which it is possible to produce through hypnotism. My host and hostess were especially interested in the general success of my experiments, which they had also formerly witnessed.

### XV., XVI., XVII.

I gave three seances in Room 33, Central Music Hall, which was then a general meeting place for societies for Psychological Research. As it would take up too much space to give a full description of the three seances I simply quote from the *Chicago Tribune* in regard to one of them under the heading: "His Strange Powers—Remarkable Feats of Prof. Sextus, the Hypnotist," the article runs:

A meeting of the Chicago Psychical Society was held last night in Room 33, Central Music Hall, and thirty people witnessed the strange performances of a young man and woman, who were successively hypnotized by Prof. C. Sextus. . . . In obedience to an order given a lady, while in the hypnotic sleep, she arose exactly two minutes after

she opened her eyes, as she had been told, hunted out a person in the audience, who had been mentally suggested to her, and shook hands with him—apologizing for her boldness.

### XVIII.

During a seance at the home of Mr. and Mrs. Koehler, 38 St. Johns Place, Mrs. A., a lady about forty-five years of age, was brought into hypnotic sleep. The special feature in the case was that this lady, during the sleep, suddenly began to speak very loudly of different subjects of a purely personal character. The interest increased as she soon talked with her own natural voice, then more deep—like a man; then more timidly, as a boy of fourteen; and finally in a more murmuring, creaking way of expression. At every transition to a new voice she changed bearing and expression of countenance. The different talkings of the lady were questions and answers directed to and responded to by different persons whose voice and manners she assumed. I was afterwards informed that the man's deep voice was a true imitation of her former husband's. The timid voice was that of an adopted son, and the creaking voice belonged to a certain attorney. The lady mentioned had a short time previously secured a divorce from her husband; and she was then engaged in a suit concerning some property to which she claimed a just title.

I gave a seance at the North Side Turner Hall for the Swedish society, "Vikingen," in behalf of founding a Swedish reading room. Besides my seance there was a lecture by Mr. Robert Lindblom and a quartet song of the "Glee Club." Before my seance I gave a brief outline of hypnotism; and during the evening I had the pleasure of producing a line of successful experiments with several members of the society. With regard to this seance I refer the reader to the *Swedish American*, which says, among other things, in a very kind review of my experiments:

A number of the greatest interest was Mr. Sextus' seance. It was successful as usual. Four persons were hypnotized and completely under the control of the hypnotist. With these Mr. Sextus performed the most remarkable experiments; they kissed fancied ladies, rode wildly on chairs, which they believed to be racing horses; they swam in an imagined lake, and sang French songs, etc. One of the persons hypnotized was brought into the cataleptic condition. Of special interest was it when the hypnotist loudly called out the name of a person down among the audience, who had previously been hypnotized, and thereby caused the hypnose to appear so that it was impossible for him to open his eyes, etc.

I also gave seances at the residence of Mr. Lorenzo Fagersteen, Wentworth avenue; for the editors, Jacob Bonggren and R. Lindstrand, at the office of the *Swedish American*, 33 Clark street; and at numerous other places in Chicago.

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PRESS CLUB OF CHICAGO,  
133 CLARK STREET.

April 22nd, 1890.

*Prof. Carl Sextus, City:*

DEAR SIR: As you kindly consented, we have arranged for your appearance and coöperation at our fortnightly club dinner next Saturday evening, April 26th. We sincerely trust nothing will occur to prevent your being present on that occasion.

Enclosed we hand you invitation as issued to members.

Yours very truly,

CHARLES EUGENE BANKS, } Committee.  
R. C. JACOBSEN, }

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PRESS CLUB OF CHICAGO,  
133 CLARK STREET.

April 19th, 1890.

DEAR SIR: You are invited to attend the fortnightly house dinner at the Club dining rooms, Saturday evening, April 26th, at 5:15 o'clock.



The dinner will be supplemented by an exposition of hypnotism by Professor Carl Sextus. Major Jno. C. Bundy will deliver a short dissertation on this interesting science. Subjects for hypnotic experiment will be selected from the audience.

The dinner will be equal to those heretofore provided by the Steward, and will be under the same conditions.

If you purpose attending you are requested to notify the Steward before 6 o'clock P. M., Friday, April 25th. Otherwise a seat at the table will not be guaranteed.

CHARLES EUGENE BANKS, R. C. JACOBSEN, HILL C. SMYTH,	}	Committee.
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PRESS CLUB OF CHICAGO,  
133 CLARK STREET.

May 1st, 1890.

*Mr. Carl Sextus:*

DEAR SIR: By order of the Board of Directors of the Press Club of Chicago, I am instructed to extend to you its cordial thanks for the interesting experiments you so kindly made at its last house dinner.

J. R. WEDDELL, Secretary.

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INTERESTING CASES PRESENT THEMSELVES DAILY AT MY  
OFFICE—PEOPLE WISH, NOT MERELY TREATMENT FOR  
TROUBLESOME DISEASES, BUT ALSO APPLY IN ORDER  
TO HAVE THEIR TALENTS DEVELOPED THROUGH  
HYPNOTIC INFLUENCE—GENERALLY VERY  
EXCELLENT RESULTS ARE REACHED.

The Impossible is never to be found,  
Except, perhaps—in the fool's calendar.

Of interesting cases where hypnotism can be successfully applied, I will state the following: Mr. Geo. L. Bliss, M. D.,



Fraternally Yours  
Wm. C. Bundy.



of Maple Rapids, Mich., together with a colleague, last summer entered my office. Mr. B. wished to be hypnotized, as he intended in the near future to deliver a series of lectures, and he desired to have his oratorical powers developed through hypnotic suggestions. After a lapse of eight minutes I brought him into a deep hypnose, during which I suggested to him that he inside of two minutes would rise from the chair, and, with inspiration, in clear expressive terms, deliver a lecture upon the subject which I then named. At the same time I gave him the idea that he was then appearing on the stage in Central Music Hall before a large and brilliant audience. Mr. Bliss, who was fifty-five years of age and strongly built, was in possession of a very good voice, and without any mispronunciation, but did not speak loud enough; besides this he expressed himself rather slowly. On this occasion, however, he was an accomplished public actor. Before awaking him I suggested to him that the next time, under a repeated hypnose, he would speak still more freely, and with still more inspiration.

The next day at the same time we had our second seance to which, among others, I had invited Prof. R. A. Campbell, 200 North Clark street. The hypnose was produced inside of four minutes, and after a few of the more common experiments I suggested to him that he was at present in Michigan giving a great lecture upon hypnotism. I gave him a few ideas that he was to present, whereupon he arose and delivered his lecture—not only with great oratorical force, but with such a full voice that the other occupants of the house, little by little, gathered at the windows and doors in consternation at the thundering tones. Even across the street the people enjoyed the free speech. I will remark in passing that this was not only a clear and forcible representation of the subject spoken of, but the philosophy was correct and the diction elegant. I only regret that I was not in possession of a phonograph, as the lecture was worth publishing. Before I awakened Dr. B., I suggested to him that

in the future, whenever speaking to a larger audience, he would speak as freely and with as much inspiration as on the present occasion. This case is not at all a rare one. Mr. W. Howard, a young Scotch engineer, came to my office in order to have his speaking powers developed through hypnotism. The young man, who had a large social acquaintance, was often invited out and had, on such occasions, several times attempted to make a speech, in which he utterly failed. The engineer, who otherwise had a very fine voice, would begin to falter in a very tiresome way even during common conversation or upon meeting strangers, whose questions he could not answer satisfactorily to himself although he could form that answer clearly in his mind. Mr. H. was, in the presence of several witnesses, hypnotized by me. For the occasion I had an expert shorthand writer present. I let him sleep uninterrupted for about fifteen minutes. Then I commanded his full attention, suggesting to him that he was now what he had wished to be—an eminent speaker who was able to treat fluently any desired subject. I now spoke a number of Latin sentences whose sound, under other circumstances, the subject would have been unable to repeat; but he repeated them all correctly and without hesitation.

I next told him that he was a great speaker, and I placed one finger on the top of his head, saying: "You are the Prince of Wales now, speak! You are talking to your court!"

The subject now stood up, threw back his head, put his hand on his chest, and began in a very commanding voice: "My dear, honest subjects: It pleases me at this opportunity to see you collected here about the throne in loyal respect for the King's legal power, you gallant Lords and Knights. The country is in danger; that is why your King has summoned you here so that together we can decide how we easiest can chase the enemy out of the country——"

I interrupted him, saying: "Now you are an old parish clerk in the country! Speak!"

The subject immediately changed position, shrunk together as if old, bent his head, folded his hands and commenced, with a changed and shaking voice: "When I speak to you, my dear villagers, it is because I know that infidelity has spread itself



THE ORATOR.

amongst you, and that licentiousness increases day by day. The young people need to be led and advised. I shall do my best that you sinners may be brought into the right road. Therefore, let me say to you a serious word: Believe in God, trust to the Bible, and abandon all the devil's work."

Again I tapped the subject on the head and said: "Now you are a young gentleman who at a festive entertainment speaks to the ladies. Speak!"

The subject straightened himself into a gentlemanlike and graceful position, at the same time speaking with a fluency that was truly surprising: "Ladies and gentlemen: Wherever I direct my gaze in this gathering it is caught by a magnet that chains it—that is, the ladies—the pride of the festival, queens of the dance; strains of the music still sound in our ears; the bosoms still heave from the electricity of the dance, just as our senses are infatuated with the ladies' magnificent toilets in their radiant brightness. It is, therefore, no wonder that we are infatuated. Perhaps we are still more so when we see the woman occupy herself in her home. I presume we all strive to obtain that ideal, but the ideal ceases to be an ideal when it is reached and obtained. It is only the struggle for it that gives substance to life."

I once more tapped the subject on the head and said: "Now you are a nonsensical alderman, a grocer, who is going to speak in the town council. Speak!"

The subject put both hands in his pockets, assumed a tough air and began: "Yes, gentlemen, what I wish to propose, is that I may have a lamp-post put in front of my house. It is very necessary. It is just like this, for instance: some time ago my roomer came home, and he was—with all due respect to him—what will I call it, feeling a little gay? Well, you need not laugh, gentlemen, for that is liable to happen to any of us. But as I said, my roomer had quite an accident because there was no gaslight." I let the subject assume several other characters and then awakened him.

#### PECULIAR DOUBLE STATE DURING THE HYPNOTIC CONDITION.

Joseph Singer, a professor of music, came to my office and requested me to hypnotize his son Walfried, whom he had



heretofore in vain attempted to get under hypnotic influence. He had consulted several of the most noted hypnotists in America in connection with well-known physicians, but without result. The last he saw in regard to this case was the highly esteemed C. G. Davis, M. D., of this city. The reason why Mr. Singer wished his son to be hypnotized was of a private character which I will not mention here. Among other things that Mr. Singer wished me to do by the aid of hypnotism, was to suggest to his son (who had a natural talent for music) that he



FACE MUSCLES CATALEPTIC — CANNOT CLOSE THEIR MOUTHS.

devote himself in the future, with more interest and industry to his musical studies. After several seances we perceived an evident effect of the hypnotic suggestions. He played now at the certain fixed hours, and seemingly with far greater interest. After a periodical hypnotization during several months, we reached the desired result.

Concerning the Singer boy and his double state during the hypnose, I will remark that this condition with hypnotized individuals (hereby to be understood, persons who during the

sleep speak of themselves as an entirely different person) appears but seldom. As soon as Walfried Singer was brought into hypnotic condition, he was subject to a great change in every direction. The boy, who in his normal condition was rather wild, became during the hypnotic sleep serious, and acted exactly like a grown-up person, in manners, attitude and ready answers. Among several curious things, I briefly mention the following. To my question whether he had arisen at the right time in the morning or given any attention to his playing, he would generally sit down in silence and listen to my words for some time and then suddenly reply (as if he were another person—not Walfried): “O, yes, I notice you are again speaking of this Singer boy. Yes, he is undoubtedly rather wild. He ought to become straitened somewhat, he has too much of a good time, that boy.” Or he would say something like this: “Lazy fellow, that Singer boy. Rather irregular in everything he undertakes, and a little unreliable.” At other times he would sit from ten to fifteen minutes talking in a whisper to himself as if philosophizing about the boy that he had heard mentioned.

To my question whether he was acquainted with this boy—as he seemed to take some interest in him—his eyes lightened up; he raised his voice, and humming a couple of tunes, said: “Certainly I know this Singer boy, as I have said before; but if you have a special desire to get a description of his appearance, then listen: For his age he is not very tall; his face is roundly shaped; he is strongly developed—better formed than his father; he used to wear long hair which was very thick and pretty—it has been cut short now, to his great dissatisfaction. But he has no idea, that boy, of what is best for him.” After some few minutes reflection he continued in the following way: “Yes, as I say, it may be of some good to a fellow to have his hair cut short; but I cannot see why his hair must be an inch long in front, when it is cut to a regular shave about the ears.

But let the boy and the father decide these things." Then followed an exact description of his apparel. He also remarked that his nose was a little clumsy, the eyes rather beautiful, the upper lip a little too large—but not to such an extent as to interfere with his beauty. Finally he gave his weight, going into the very details, naming pound, ounces and drachms, and concluded in this way: "Taken altogether, he is good looking, that boy; and he may have a future; but, as I said, he must be kept strictly in reins. But, mark you well my words, only to a certain extent shall he be kept strictly. He must not be forced; we must take into consideration that he is yet only a boy of eleven years; and how much can we expect, anyhow, of a child at his age? He must be treated with reason, although closely watched and kept on duty."

The boy showed also, during the hypnose, a double condition, which is not only interesting, but at the same time rare. A similar example is the French somnambulist, Leonice, described by Liebault and Bernheim (Nancy) and others.

As a proof of Prof. Joseph-Singer's great interest in the case and of his appreciation of the treatment given his son, I take the liberty of quoting an extract from his article, which appeared in the *Progressive Thinker*, November 7, 1891:

Due to the kindness of the *Progressive Thinker*, I am privileged to refer to Mr. Sextus, the well-known Danish hypnotist. I do this with double interest, as I am proud to acknowledge him as my personal friend, and am still gladder to yield the tribute of my opinion of him as a profound investigator and an exceedingly skillful practitioner of his wonderful science. Mr. Sextus is too thoroughly honest to ever descend to the trickery of the stage fakir. The "I don't know" or "I believe" carry more conviction to me than the dogmatic assumptions of many spiritualists; for they reveal the genuine modesty and true understanding of a deep thinker. I have personal knowledge of some of his remarkable experiments, and I am now watching the development of a psychic transformation under his influence which, when it is perfected, I will reveal to the readers of the *Progressive Thinker*. In the meantime I would advise all those whom these lines will reach to test Mr. Sextus' wonderful hypnotic powers.

JOSEPH SINGER.

THE FACTS SHOW THAT THE MAJORITY OF PEOPLE CAN BE HYPNOTIZED—IF NOT IMMEDIATELY, BY THE FIRST ATTEMPT, THEY CAN ALWAYS BE MORE OR LESS INFLUENCED BY REPEATED EXPERIMENTS—AT LEAST SIXTY PER CENT. CAN BE HYPNOTIZED IF THE RIGHT METHOD IS EMPLOYED AND THE PARTY CONCERNED IS WILLING—YOUNG AND VIGOROUS PEOPLE IN GENERAL ARE MOST SUSCEPTIBLE TO HYPNOTISM.

The public has in general the idea that people who perform much brain work cannot be hypnotized. Such an idea is erroneous; the person who performs work that demands much thinking can be hypnotized as easily as another who performs physical labor, if he willingly submits himself to the experiments and abandons disturbing thoughts.

Among cases which have presented themselves during my practice in Chicago, apt to illustrate my expressions, I will briefly notice a few. Theo. B. Thiele, the editor of *Germania*, appeared at my office, together with a friend of his, in order, as he himself expressed it, "to investigate the hypnotic phenomena and their general results." Mr. Thiele had read several works upon hypnotism and tried repeatedly to be hypnotized by a couple of traveling hypnotizers; but without success. After a brief interval he requested me to bring him under hypnotic influence, although he seemed to be rather skeptical as to its accomplishment; but he pronounced himself willing to submit to my instructions. That he, as a gentleman, meant this exactly, I understood by his manner and the good will he showed for the desired result. The editor did not this time go away disappointed, for fifteen minutes of earnest endeavor succeeded in getting him completely hypnotized.

It was not only his body, muscles and blood circulation that I was able to influence, but I could also direct the course of his

thoughts, so as to produce any hallucination wished for by me or by his friend then present. Before awakening Mr. T., I suggested to him that at a certain time after awaking he should say a few words upon hypnotism, at the same time giving his friend his hand. Everything came to pass in close exactness to the order given. Eight and a half minutes after being awakened, Mr. T. raised to his feet, walked across the floor, shook hands with his friend, and in his full voice expressed the ideas suggested. Mr. T. and his friend left my office highly satisfied with the seance. As I afterwards hypnotized Mr. T. a couple of times, the hypnose was more easily as well as more rapidly produced. *Germania* contained several interesting articles about my experiments and methods of cure.

Mr. N., an elderly well-known reporter for the *Chicago Tribune*, was also hypnotized with great success at my office. Mr. N. had for a long time been suffering from a painful rheumatism, and had unsuccessfully resorted to all the modern medicines. Mr. N. was completely hypnotized at my first seance, and I suggested to him then during the sleep, that he after being awakened would feel much better, be relieved from the rheumatic pain, and be able to walk home with natural ease. When Mr. N., in company with a couple of friends, appeared at my office it was only with the greatest difficulty that he was able to move his limbs; after the hypnotization Mr. N. was once more able to master his arms and legs, while the pain had disappeared.

Mr. P. H., engaged with the *Chicago Press*, who had never been hypnotized before, was brought under influence by me at the second experiment. He was suffering from nervous headache and periodical neuralgia; but after the treatments he declared himself entirely relieved from his sufferings.

Mrs. D. A., a well-known Chicago physician, with an office in the Masonic Temple, was brought into hypnose at my first experiment. She was afterwards hypnotized a couple of times

and after three treatments was restored to health from nervous suffering.

Dr. T. N., a well-known homœopathic physician, who was periodically a sleep-walker, and had a nervous, faltering way of speaking, was treated by me six times with excellent results. He has abandoned his sleep-walking and enjoys now a complete control over his voice.

A young Board of Trade man, who for a space of five years had been devoted to the use of morphia, I cured inside of a month by tri-weekly treatments.

A noted attorney from Omaha, who was in the habit of smoking from fifteen to twenty cigars a day, was, after five treatments, able to control his great desire for tobacco; and of late he smokes only three cigars a day—sometimes even less. For reasons of his own he did not wish to have the desire for tobacco completely abolished.

An elderly gentleman had been partially lame since 1862; he could only with the greatest difficulty walk about in his room with the aid of crutches. I succeeded in fifteen days daily treatments in restoring his limbs to their normal use.

A young lady, twenty-one years of age, who suffered from melancholia and who had tried all known remedies without benefit, I cured in seven treatments, restoring her to a happier mood of life.

In the same way I have cured numerous persons of painful diseases, such as nervous deafness, weakness of mind, neuralgia, bad digestion, sleep-walking, etc. At different places in this book I have mentioned the diseases which we are able to cure by the aid of] hypnotism, as well as the methods employed, and will not enter any further upon this subject.

MANY PROMINENT MEN THROUGHOUT THE COUNTRY ARE  
DEEPLY INTERESTED IN HYPNOTIC PHENOMENA.

Among these I would especially mention Hon. Lyman J. Gage, president of the First National Bank of Chicago. Mr.

Gage, who is a man of rare amiability and courtesy, has, during my stay in Chicago, shown me much kindly attention and hospitality. In the library of Mr. Gage's elegant North-side residence I have passed many interesting evenings, where our conversation always turned to hypnotic and occult phenomena. Mr. Gage, who possesses hypnotic power and skill in no limited degree, has for a number of years studied everything concerning hypnotism, and I have found in his library nearly every work published on the subject. That a business man like Mr. Gage, who has most of his time completely occupied with so many different and complicated business transactions, still finds ample time and opportunity for devotion to art and science, is more than pleasing. In relation to experiments in mind-reading, or thought-transference, so often discussed in our papers and magazines of late, I take pleasure in stating that several times, during my meetings with Mr. Gage, I have received the most satisfactory proof of his remarkable ability in this line. Mr. Gage has, in connection with his clear, keen sense, an unusually quick perception; but this is not sufficient to account for the results observed. Mr. Gage is sensitive to a high degree, and he feels intuitively (if I may so express it) what people wish, and he is very often able to name in advance exactly what is desired by the party in question. As I am myself very sensitive I have personally, in Mr. Gage's home, had the most unmistakable proofs of his ability. Mr. Gage has, whenever we touched upon this subject, declared that this remarkable ability has been of great usefulness and help to him in his position as a banker.

EVEN IN THE NINETEENTH CENTURY WE FIND PEOPLE IN CHICAGO WHO CONSIDER HYPNOTISM DEMONIACAL.

I delivered some time ago in the southwest part of Chicago a public lecture upon hypnotism accompanied by experiments. The audience was large, and my experiments were exceedingly



successful. Beyond doubt the people in that part of the city entertained some queer ideas of hypnotism. After some parley with the audience, about twenty young men appeared on the platform in order to submit to my experiments. After being seated I was greatly surprised to see a couple of fellows take from their pockets some lemons which, in accordance with some ceremonies to me unknown, they cut into pieces. With these they carefully rubbed their temples, forehead, etc.; even their poorly-blackened shoes did not miss this peculiar treatment. These mystic experiments I learned later were supposed to be safeguards against my hypnotic influence. Another young gentleman, who was seemingly well-built, had a prominence on his chest which looked like a deformity. Later in the evening I succeeded in bringing this gentleman, among others, into hypnotic sleep, and I suggested to him that it was unbearably hot, when he removed his coat and vest. There was much merriment in the audience when a couple of thick copper plates, some roofing zinc, and a large horseshoe dropped to the floor with resounding noise. This gentleman was evidently very well prepared; and as he now had once more regained his good figure I asked him to put on his clothes, and placed in his hands the protecting amulets. I now exclaimed, loudly, "Awake!" and the expression of his consternation when beholding in his hands these things can better be imagined than described. This genius was the famous ever-talking barber of the street, who was generally called "The Dramatic," a name he acquired on account of his continued but ever-failing efforts as a manager of an amateur stage. I never learned whether some silly person had given him this suggestion or if it was only a joke played upon him; but the report was that the barber had been so highly assured of his unsusceptibility that he lost a bet which he had made with a tailor living across the street. That I was able, during the hypnose, completely to check this barber's incessant talking created much astonishment throughout the entire neigh-



THESE COLORED SUBJECTS HAD IT SUGGESTED TO THEM, WHILE IN A HYPNOTIC STATE, THAT AT A CERTAIN TIME IN THE FUTURE, WHEN THEY WERE SEEMINGLY AWAKE, THEY COULD WASH THEMSELVES WHITE WITH A CAKE OF SOAP. THEY ARE NOW CARRYING OUT THAT SUGGESTION, MUCH TO THE AMUSEMENT OF THEIR ASSOCIATES.

borhood. I am naturally very fond of children, but I discovered to my great surprise that wherever I appeared on the street the children hurried away, stopping their play, ceasing their merry laughter, while they sought shelter in the doors and alleys. A tall boy about ten years old, who had the courage to stare at me in daring proximity, was taken into the house by his anxious mother. Polish, Bohemian and Italian women crossed themselves solemnly whenever I passed them during my stay in that locality. Later on I heard that I was used as a bug-a-boo by the worthy mothers; when the little children preferred to cry evenings instead of sleeping, they were told to be quiet, otherwise Sextus would be called. The suggestion to the children, I am told, had an almost magic effect.

#### THE VISIBLE SYMPTOMS IN PARTIAL AND PERFECT HYPNOSE.

It is a fact that the subjects in the first degrees of the hypnose are, in many directions, very sensitive, especially to a sudden noise or to a momentary strong light directed upon the pupils of the eyes. In many cases the pupils are more dilated than usual; in others more contracted. But even with those persons whose pupils are much dilated, it very often happens that we notice a contraction by approximation of a lighted candle. The pupils, however, are not in general so easily influenced as when the person is in the usual condition; and even these people whose retina can be easily effected by sudden strong light are at the same time in other directions insensible to push, sting, pinch, etc. After being awakened they are often entirely without recollection of the experiments performed during the hypnotic condition. In the deepest hypnose, when the pupil is almost insensible to the light and when we are able to affect the pulse and temperature, the remembrance as to what was going on during the sleep, has disappeared; but as we know the next hypnose will produce the remembrance as to what occurred during the previous one; while the subject in the inter-

jacent awake condition does not remember anything. In other cases again the hypnose appears as if there was no unconsciousness whatever, and the subject seems to be in every particular like one in a normal condition.

Concerning hypnotism, in general, I allow myself to give the following advice: One should not allow himself to be hypnotized or treated by an operator in whom he has not confidence. The hypnotist ought to be experienced and thoroughly understand what he undertakes. Especially must the patient have a little knowledge of the character and the principles of the hypnotizer before he yields to his treatment, and never forget to have friends or acquaintances present during the hypnotization. Concerning the power of hypnotization, the majority of people can more or less influence each other; but it may be said of this power, as of many others, that some people have a greater aptness than others to make good hypnotists. Of the principal conditions I will especially mark a healthy constitution, a strong will in connection with power of concentrating it. It is of great benefit also if the party concerned has received both theoretical and practical training.

As a matter of fact, hypnotism then is not merely for pleasure and entertainment, but, as formerly remarked, of great value as a remedy for different diseases. The prejudice toward hypnotism as a means of entertainment is too pronounced. When the hypnotization is skillful, by an expert operator, there is no danger whatever. It has been a necessity for me and other pioneers in the field of hypnotism, at public and private seances, to bring the great public into a closer contact with this matter. In this way we have gained more than people in general apprehend; because we have effected, through the great public, a certain pressure on the medical profession, the result of which has been that a great many celebrated physicians, who had time and opportunity to devote themselves to the study of hypnotism, thereby became convinced of the

great benefit that medical science derives therefrom. Furthermore, the masses, as well as the profession, have a right to be informed of every discovery which appears in this field.

In this country, as well as in Europe, I have found physicians who have shown practical interest in the matter. Among others, in several highly esteemed European scientific periodicals, which in very flattering terms have spoken of my practice as a hypnotist in the medical territory. I will name *Ugebladet for Læger*, issued by the Danish Medical Association, with Dr. M. D. V. Budde, Copenhagen, Denmark, as chief editor (No. 1-2, January 2, 1887, and No. 34-35, December 3, 1887). In the same way has the well-known scientific periodical, *Hospital Tidende*, Copenhagen, contained a long article upon "Hypnotism and Suggestion," in which I was mentioned in a very flattering way. The chief editor of this magazine is Dr. M. D. C. Lange, professor at the University of Copenhagen, and well-known throughout the entire civilized world. Others of the editorial members are Dr. D. J. Bondesen, Dr. A. Friedenreich, Dr. E. Ingerslev. That hypnotism was not forgotten after my departure from Denmark is clearly proven by this article which appeared in the magazine mentioned eight months thereafter. If, as I hope, in this work, and in a way as entertaining as I could make it, I have been able to arouse a deeper and broader interest in this cause; and if hypnotism in the future may be given the place and appreciation so justly its due, my zeal is satisfied and my aim fulfilled. In conclusion, I will allow myself to cite the following words of Victor Hugo :

The real is narrow—

The possible . . . immense.

## Public Press Comments.







THE press has always been most kind to me. Editors and reporters have ever looked leniently upon my shortcomings; and they have used good spectacles when their attention has been given to my merits. That my readers may know how my work is regarded and valued by the newspaper world, I herewith present a few extracts from the multitudinous personal notices of myself and my science which have recently appeared in the public press.

Extract from a four column article in the *Chicago Herald*, January 26, 1890:

SECRETS OF HYPNOTISM—SOME PRACTICAL ILLUSTRATIONS—PROFESSOR CARL SEXTUS, OF CHICAGO, GIVES AN EXHIBITION OF HIS STRANGE POWER—HISTORY OF A MYSTERIOUS BRANCH OF SCIENCE—CURING NERVOUS DISEASES.

In the window of a house on Wabash avenue, not far from the Auditorium building, a little square, black sign with white letters peeps out upon the passers-by and conveys the information that within is the abode of "Carl Sextus, Hypnotist." It is in this modest fashion that hypnotism, perhaps the greatest discovery of science, makes its bow to Chicago.

Carl Sextus is a small man with a light brown mustache—a man who would pass through a throng unnoticed, unless you caught sight of his eye. If by chance your eye should meet his, you might not feel a trembling in your limbs, but you certainly would say to yourself: "Here is a remarkable man." For his eye is one of those things which possess a strange fascination for the beholder. As an organ of vision it perhaps does not differ from others. It is brown in color and the pupil is large and healthy looking. Thousands of men in Chicago have similar eyes. But this eye has a mysterious power, which is felt by every one who is fixed with it. This power the most learned physician would despair of locating and describing, and it has no scientific name. Still, it exists. It is the power that comes as the result of years of constant command.



It probably gleamed in the eyes of Cæsar and Napoleon. But there is the difficulty. Napoleon swayed men's bodies; the hypnotist dominates men's minds. The subject obeyed the commands of the emperor because he knew that it was to the interest of his peace and happiness not to disobey him who had power to kill or torture him; the subject obeys Carl Sextus because he cannot help it.

A few evenings ago Mr. Sextus gave a private seance to which reporters from the

#### FROM LETHARGY TO CATALEPSY.

*Herald* were invited, among others. The room in which the experiments took place did not differ from the ordinary parlor. In one corner stood a piano, a marble-topped table occupied the center of the apartment, and two or three indifferent paintings adorned the walls. The guests were grouped around the sides of the room in chairs. The seance began without preparation of any sort. As none of those present were willing to be operated upon, the experiments necessarily were confined to the person of one of Mr. Sextus' patients, a woman about twenty-one years of age. She was apparently of a sanguine temperament, having a very fair complexion, light yellow hair and pale blue eyes. She said that she had been hypnotized on several occasions, and was a good subject. This assertion Mr. Sextus confirmed.

The subject, who was called Marie, placed herself in an easy chair and assumed the most comfortable position. The operator then placed in her hands a small metal button, painted black with the exception of the center, which was of the color of silver. She was now requested to fix her gaze upon the bright center of this disk, and to concentrate her mind upon the idea of sleep. The operator stood in front of her, and began, in a low tone of voice, to repeat Bernheim's formula:

"Think of nothing but sleep. Your eyelids begin to feel heavy. Your eyes are tired. They begin to wink, they are getting moist; you cannot see distinctly. Your lids are closing, you cannot open them again. Your arms feel heavy, so do your legs. You cannot feel anything. Your hands are motionless. You see nothing. You are going to sleep. Sleep!"

In five and one-half minutes the subject was found to be asleep. Her eyes were closed, she breathed heavily and regularly—in short, all the phenomena of sleep were present.

"But," objected one of the spectators, "she is not really asleep. It is impossible that she should go to sleep so quickly. She is only simulating sleep."

Mr. Sextus said nothing, but quietly raised the subject's arm until it was stretched out on a level with the shoulder.



THE SOMNAMBULIC STATE.

"You cannot lower your arm," he said to the subject; "it is immovable." The arm remained in the position in which the man had placed it. "Now," he added to the person who had spoken, "feel of her arm. You will see that the muscles are rigid, tetanized. She cannot move it. It is cataleptic."

The objector examined the arm. The muscles were fixed and hard and it was impossible to bend it without using such great force as might break it. There was no doubt of the truth of what the hypnotist had said.

"Lower your arm," said the operator. The muscles relaxed, and the arm fell to the side.

"A very sad thing has occurred," the operator continued. "One of you friends has just died." Tears began to flow from Marie's eyes. "It is a mistake, a false report that has been brought me. Your friend has recovered and is now quite well." The tears stopped instantly. In like manner the subject was made to laugh and to sing. Various hallucinations were produced and finally entire catalepsy. The subject was placed on two chairs, which supported her heels and the back of her head, as illustrated in an accompanying picture. The muscles of the body were



perfectly rigid, and even the greatest pressure did not avail to bend the frame. The hypnosis was complete. After a number of equally interesting experiments, such as compelling Marie to believe that ammonia was cologne, and sticking needles through her flesh the operator said:

"In five minutes you will awake and you will see all of those who were present except Mr. M. [designating one of the reporters]. Three minutes after you awake you will take that vase which you see on the mantel and hand it to Mr. C."

#### CATALEPTIC AND SOMNAMBULIC.

In exactly five minutes the subject stretched herself, yawned and awoke. She had absolutely no recollection of what had passed, and even denied that she had been asleep. In just three minutes she arose, went to the mantel-piece, took down the vase and handed it to Mr. C., saying: "I think this is such a pretty vase, don't you?" Thus she attempted to find an excuse for the impulse she felt but could not explain. Presently she turned to Mr. Sextus and said: "Why, what has become of Mr. M.? He was here a few minutes ago. Did he have to go so soon?" At this time Mr. M. was in plain view not three feet away. "Yes," replied the operator, "he was called away." Then, turning suddenly, he added: "Why, he did not go, after all. There he sits,"

pointing to M. "Sure enough," promptly said Marie; "but he was not here a moment since. Where have you been, Mr. M.?"

On another occasion Mr. Sextus hypnotized two little girls, aged respectively six and seven years. All that was required to put them into the hypnotic state was to close their eyes and tell them they were asleep. They were now in what is known as the lethargic condition. They answered questions and did whatever they were told to do. The operator placed his hands on their heads and immediately they became somnambulists. Now Sextus told them that the sky was open and that they could see beautiful flowers, trees and fountains, and hear the singing of the birds. They looked up and saw and heard these things. It was at this moment that the photograph from which the accompanying illustration is made was taken. The expression in the faces of the children is rapt and beautiful. The operator said to them: "The skies have closed." They no longer saw the flowers, and the music ceased for them. On being awakened, they remembered nothing. The same little girls were the next day cast into lethargy. Sextus opened their eyelids and they remained open. They were now in the cataleptic stage of the hypnotic condition. One of them was placed on two chairs, as in the picture, and the other was made to assume a rigid position on the prostrate body of the first. Thus they remained immovable while the photograph was being taken.

It is not possible here to give instances of diseases cured by hypnotism. It is sufficient to say that all diseases of the nervous system yield readily to the treatment by suggestion. Not the least important fact in connection with it is that drunkards and opium eaters are cured in a wonderfully short time. In insomnia it never fails. The time is not far distant when the American medical profession will be compelled to take it up, though up to this time their lack of information has deprived them of its benefits.

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Extract from a three-column article in the *Chicago Sunday Press*, November 22, 1891 :

HYPNOTIC INFLUENCES—AN EVENING WITH DR. SEXTUS—A CHILD IS  
MADE TO BELIEVE AMMONIA IS COLOGNE—A WHOLE  
CLASS HYPNOTIZED—MADE TO CALL AT A  
CERTAIN HOUSE NEXT DAY.

Picture a young man of a trifle more than medium height; muscular, well-balanced figure; head well set, and with clean-cut, handsome

features; a high, wide sweep of intellectual forehead; dark-brown hair, and eyes that can blaze with fire or be as soft and limpid as a girl's.

That is Carl Sextus.

Dr. Sextus, who early made a study of the phenomenon of hypnotism, astonished the students and scientists of Europe with the display of his powers. For the last two and a half years he has been a resident of the United States, and for twelve months or more has lived in Chicago, being now located at No. 179 La Salle avenue.

He has given several exhibitions of his powers in this city. One of the most interesting, particularly in its after results, was at the home of a North sider a few days ago.

There were twenty or more people present. As a preliminary proceeding, each person who was willing to subject himself to the hypnotic force was given a circular disk of polished zinc, with a center of copper. The disks were possibly two inches in circumference, and the candidates for hypnosis, sixteen in number, were told to hold them in the palms of their hands and look at them intently for ten minutes. Ten minutes is a long time. In less than five, six persons gave unmistakable evidence of an abnormal mental condition. Three young men and a girl of perhaps 14 years were sent into a hypnotic sleep, from



THOUGHT IT SMELLED SWEETLY.

which they drifted into the somnambulistic state. The only experiment of interest in which the girl was a participant consisted of a suggestion by Dr. Sextus that a phial of ammonia contained perfumery. The bottle was held beneath the girl's nose, and as she became conscious of the presence of the ammonia she expressed the liveliest gratification. As a matter of fact the fumes would almost cause a brazen image to shed tears. At the request of the child's parents she was relieved of the influence, and remained a spectator of the ensuing incidents.



The three young men as subjects were all that a hypnotist could wish. When aroused from their lethargy they obeyed the slightest suggestion of Dr. Sextus as if they were automata of which he held the controlling strings.

After twenty minutes or more, during which the young men were thrown into cataleptic conditions and made to act under all manner of hallucinations, Dr. Sextus entered upon a series of supreme tests of his art. To one of his subjects he said sharply and distinctly: "Five minutes after you awaken, go to the piano and sing 'Die Lorelei.'"

To the second he said: "While your friend is singing, steal his handkerchief from his pocket and hide it. Don't let any one see you do it."

The third was informed that precisely ten minutes after he was awakened his right hand would close with cramp and he could not open it. The suggestions were repeated to each three times, and with a few passes of his hands and a peremptory command they were aroused.

The conversation was general for a time, several persons, unobserved by the subjects, holding watches. Exactly at the elapse of the five minutes the musician, with a request that he be pardoned for interrupting the talk, walked over to the piano and began "Ich weiss nicht was soll es bedeuten" to his own accompaniment. Then the sneak-thief sauntered over and, backing up against his friend, scientifically "nipped" the handkerchief according to direction, and, with affected unconcern, strolled into an adjoining room and hid it. Meantime the third patient was enjoying the situation. He had been told of the injunctions laid upon his fellow subjects, but was not informed that he was also under orders. At the last second of the ten minutes an expression of intense



A CATALEPTIC HAND.



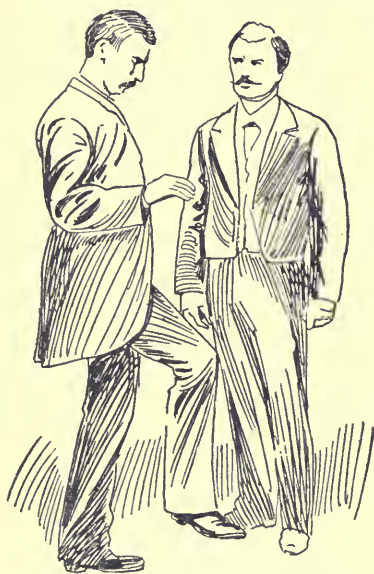
suffering came over his face, and he cried out that his hand had cramped and he could not open it.

Dr. Sextus presently released the sufferer. None of the subjects could give any connected statement of what they had done while in the hypnotic state. They had felt a sensation of dizziness and a succession of slight chills, after which the disks which they held had faded from sight. Of subsequent events they had but confused recollections.

Again one of them was subjected to the hypnotic influence.

"To-morrow at 2 o'clock," said Dr. Sextus, "you will call at this house, take a seat between two persons—who were named—and fall

asleep. You can be awakened only by these two men reaching over you and shaking hands."



BELIEVES HIMSELF A CRIPPLE.

awoke. He was much surprised upon learning where he was. He had no recollection of what had passed after 1 o'clock. About that time he felt a slight dizziness, which was succeeded by an absence of consciousness.

To return to the parlor experiments. Dr. Sextus' culminating effort was phenomenal. He created a physiological paradox. One of the subjects was placed in a lethargic condition and his pulse and temperature was taken. With his hand resting upon the young man's head, Sextus said:

"I wish your temperature to fall and your pulsations increase." Within four minutes the pulse had increased in rapidity from 95 to 120 beats to the minute. An application of the thermometer showed that the physical temperature had decreased 2.2 degrees, having fallen from 98 to 96.8 degrees. Then the action was reversed. The pulse was lowered to 80 beats and the temperature sent to 101 degrees.

Then followed several experiments in which the power of the hypnotist to transfer the control of the subject to another person was demonstrated.

The series was concluded by Dr. Sextus obliterating from the memory of one of the subjects all recollection of the events of the evening. "You have had a pleasant evening," said the hypnotist, "but beyond remembering that fact, you will be unable to recall anything that has transpired." Although repeatedly questioned that night and on subsequent days, the subject could recall nothing; not even the place where he spent the evening. A few days later Dr. Sextus gave an exhibition of clairvoyance. A young lady was thrown into a somnambulistic state and in this condition gave detailed accounts of the doings of absent persons and descriptions of places she had never seen.

Some of her descriptions of places, particularly those wherewith any of her auditors were familiar, were tolerably correct.

"I recognize three degrees or conditions in the hypnotic state," continued Dr. Sextus, "these are the lethargic, somnambulistic and cataleptic. The lethargy is first produced, then either of the others at will. Hypnotists whose instincts are purely commercial, claim that they are able to cure all manner of diseases by the exercise of their powers. Organic diseases cannot be cured by means of hypnotism. A disordered tissue will not regenerate itself in obedience to command. I might, for instance, make a crippled patient believe that his amputated arm had grown out again, but I could not make the new arm develop.

"With nervous maladies it is different. These succumb more readily to hypnotism than to drugs. In the one case the cure is permanent, in the latter the relief is often but temporary. In Sweden and in Denmark I had much success in treating victims of dipsomania, both in and out of the hospitals. Old men and the youth of both sexes, that is persons between the ages of sixteen and twenty years, I find, are the most readily controlled. Out of every three or four persons who submit themselves one subject is generally found. This is about the proportion although in exhibitions among students in European schools I have found as many as fifty subjects among sixty young men, with whom I experimented. In America I have found that a great many people who

apply for hypnotic treatment do so not from any necessity for it, but because they have a craving for a new sensation."

In Chicago Dr. Sextus has made one remarkable cure of the habit of drinking, and that without the knowledge of the patient.

At one of his exhibitions there appeared a man of middle age. He had been suffering from rheumatism in the region of the heart and his physician prescribed port wine as a remedial agent. The malady disappeared, but the love of wine remained. Dr. Sextus hypnotized or magnetized the man—whatever you will—and at the request of his friends said:

"If you attempt to drink wine or any liquor containing alcohol, it will make you sick."

The subject was then aroused and nothing said to him about the experiment, except that he had succumbed to the doctor's personality.

The following morning as usual, a bottle of wine was set at his plate. He poured out a glassful, but could not drink it. Since that time he has had no desire for the wine which was before a daily necessity, and when he has attempted to take a drink in a social way he has been utterly unable to do so. Dr. Sextus attempts no explanation of these phenomena. He simply says, "These are the facts."

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From *Chicago Sunday Tribune*, February 23, 1890:

EXPERIMENTS IN HYPNOTISM—CURIOUS SCENES AT THE HOME OF A  
DANISH HYPNOTIST.

Some highly interesting experiments in hypnotism were made before a select private party at No. 470 Wabash avenue one evening last week by Carl Sextus, a Dane, who is trying to introduce hypnotism as an aid to medical science in a manner in which it has been used for some time in Europe, especially in France. The theory is simple. While in the hypnotic state the patient is given a suggestion, which he retains, unconsciously, after he awakes. The impression having been made upon his nervous system by a strong will power, not his own, it remains with him. Mr. Sextus had a man present named Andrew Scott, a workingman, whom he was treating for nervousness. He placed the patient in the hypnotic state and said to him: "A week from to-day you will feel splendid. You will not be nervous at all any more." After repeating this several times he awakened the patient.

The extraordinary and hitherto unexplained strength of suggestions given to a subject in the hypnotic state was illustrated by several experiments. A man named Hans Jurgenson was told in the hypnotic

state to pick up a silver dollar from a table and return it to its owner, who had placed it there unseen by the subject.

The subject got up, picked up the coin, and returned it to the owner. The subject did not know who the owner was, but Dr. Sextus, who controlled him, did.

A *Tribune* reporter agreed on an experiment with a lawyer who was present, none of the party being in the secret. An intelligent young man, who is in the insurance business, was hypnotized and Dr. Sextus placed him under the control of the lawyer, who gave his instructions. "Two minutes after you wake up," he said to the subject, "you will pick up a little roll of twine that lies on the table, unravel it, and tie it to a baggage check which has the number 100 on it and is at the other end of the room." This check was in the reporter's pocket. After the subject awoke from the hypnotic state he was engaged in conversation. Dr. Sextus did not know what instructions had been given. Exactly two minutes after he awoke the subject rose from his seat, picked up the string, unraveled it, and, after playing with it, walked across the room to where the reporter stood. He commenced to handle some of the things on a bureau, looking curiously at the reporter all the time. He was evidently nonplussed. If he was to follow his inclination, he said, he would have to make free with some of the things on the bureau. But he did not. He stood for a while, until the lawyer called to him to turn around. When his back was turned the reporter placed the check on the bureau. Shortly after the subject turned around again. He saw the check and, without a word, picked it up, tied the string to it, and returned to his seat, evidently much relieved.

The same subject when in the hypnotic state was told by Mr. Sextus that three and a half minutes after he awoke he would be unable to see the *Tribune* reporter and would ask for him. The persons in the room would tell him the reporter was sitting in the armchair next to the lounge on which the subject sat, but they would be fooling him, for it was a big dog on the chair. After waking up, at the expiration of three and a half minutes the subject, being then fully conscious, asked: "What has become of the *Tribune* reporter? I was just talking to him a second ago. I wanted to see him." Some one pointed to the armchair where the reporter was sitting. The subject looked at the chair and said: "Doctor, when did you bring your dog down?" The reporter rose from his chair and started toward the subject, who moved back as if afraid and left the lounge. The reporter sat down on the lounge. "Where did you come from?" asked the subject, recognizing him.

Sextus exhibited the usual hypnotic tests of stiffening the arms and limbs of his subject, putting him in a cataleptic state, making one man eat a potato for an apple and relishing it; and smell a bottle of ammonia as if it was the most delicious perfume. By suggestion he caused his subject to have a cramp in his hand five minutes after awakening from the hypnotic state, the man being then perfectly conscious and remembering nothing of the suggestion given him when he was in the hypnotic condition.

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Extract from a three-column article by Victor Debrimant in the *Progressive Thinker*, June 11, 1892 :

HYPNOTISM AND VITAL MAGNETISM FROM THE PRESENT POINT OF VIEW—ITS DEVELOPMENT AND ADVANTAGE—ALSO A DESCRIPTION OF SOME VERY INTERESTING HYPNOTIC EXPERIMENTS.

Hypnotist Dr. Carl Sextus for the last couple of years has resided here in Chicago, and with his hypnotic experiments and numerous successful hypnotic cures, has created a well-deserved sensation, and is an unusually successful hypnotist and healer. It is, nevertheless, to be greatly regretted that such a wonderful gift of nature is not more highly appreciated, or more generally known. The great number of diseases where hypnotism, properly applied, would be of valuable assistance, are too numerous to be mentioned here; but a brighter future is near at hand, when hypnotism will be accepted as the universal remedy for a vast number of diseases that mock the art of the physicians of to-day, and all the so far known medicines from pharmacies.

The Chicago press, both the daily and Sunday papers, have lately given more attention to the science of hypnotism, either describing wonderful cures performed in Europe, or giving long articles relating in flattering terms the wonderful power Dr. Sextus possesses.

I have been personally acquainted with Dr. Sextus for the past two years, and in him found an unusually gifted and sincere gentleman—a man who with his whole mind, body and soul has devoted himself to this science; and it must be admitted that it is to the benefit of suffering humanity he devotes himself, and not, as is generally the custom with a good cause, to exhibit it at public performances and concert halls. No, when Mr. Sextus performs hypnotic experiments, it is only strictly in private, for interested physicians, scientists and newspaper men, as through that channel he is able to circulate knowledge concerning his art.

From the *Sunday Inter Ocean*, Chicago, January 19, 1890:

CURING BY HYPNOTISM—DECAY IS SUGGESTED FOR THE OLD-TIME  
METHOD OF DOCTORING—RHEUMATISM AND NERVOUS DISOR-  
DERS QUICKLY BOW BEFORE THE HYPNOTIC INFLU-  
ENCE—IT IS THE PRINCIPLE OF SUGGESTION  
THAT IS MADE AVAILABLE—PRAC-  
TICAL HYPNOTISM.

Hypnotism is not a new thing. Under some form and varying names it has been manifest and its phenomena marveled at in all times. But it is only of late years that hypnotism has been differentiated from similar and cognate phenomena and force results.

The spirit of this century is keenly analytic and has a distinct tendency toward classification. Hypnotism has thus been separated, partially, from mesmerism and similar little understood phenomena. The experiments of Charcot at the Salpêtrière were conducted with great care, but the great majority of the subjects for experiment were women, and of these chiefly hysterical women or those in whom the nervous system was either in an abnormal or very highly excited condition were selected.

But while analytic, the nineteenth century is above all else utilitarian. Scarcely had Charcot and his scientific confreres formulated some of the leading rules and phenomena and to a certain extent defined the conditions of this extraordinary mental and nervous state, before advanced students began to ask whether the hypnotic condition might not be advantageously used in the treatment and cure of obscure and difficult disease and infirmities. The peculiarity of the hypnotic condition, or state, is that it makes the subject in that condition susceptible to suggestions from the mind or will of the operator, these suggestions completely overcoming the ordinary and normal sensations and ideas of the subject. These superinduced sensations, or ideas, are more or less affecting, or permanent and dependent on conditions as yet but little known. Charcot thus suggested to various of his hypnotized subjects that at certain definite times subsequent to their coming out of the hypnotic state they should perform certain definite acts, and these experiments were extraordinarily successful. This is the indication that has been followed in the attempt to use hypnotism as a remedial agent. Dr. Carl Sextus has been practicing this method for a year past in this city; and in a long interview the other day gave some highly interesting information about this strange, almost mysterious, curative agent.

According to Dr. Sextus, hypnotism is not a panacea for all ills; nor in the limited class of cases in which its use is indicated is it uniformly successful.

"Not every one can be hypnotized," said the Doctor. "All somnambulists, and nearly all highly nervous and hysterical people are very easily hypnotized, but the strongest and least nervous hard-working laborer may be hypnotized in a very short time, while out of a dozen persons of apparently identical physical and nervous constitution not more than two or three may be susceptible to hypnotic sleep; or, on the other hand, they may all be thrown into the hypnotic state. The susceptibility depends largely on physical conditions not as yet well understood, but a necessary preliminary is the inducing of a quiet, restful state of the nervous system. My method of procedure when I have several subjects is to seat each in an easy attitude. I place in the palm of the right hand a little zinc hemisphere painted black, in the center of which is a polished copper point—this for men; for women I often use a light wooden hemisphere, black, with a faceted crystal in its center. The right hand is curved across the body and the head slightly bent forward, with the eyes steadily fixed upon the bright point. Absolute immobility is urged, no twitching movements of the fingers or swallowing movements of the throat permitted. Presently, in successful cases, the right hand begins to waver, then there is a nervous tremor of the eyelids. Then I make certain passes and the hypnotic sleep supervenes.

"There are other methods, but they depend on these two conditions mainly—nervous and muscular immobility. Either of two conditions may present itself, the lethargic or the cataleptic; and in no case can it be foretold which of the two it will be. The former is the more common, however. All the muscles are relaxed, the arms fall to the sides, the head droops forward or falls back, there is paleness and stertorous breathing, and unless the hypnotizer interferes the subject would fall on the floor. In the cataleptic condition the reverse obtains; the muscles become stiffened and tense, until the body becomes rigid as a bar of iron. In such cases persistence in inducing the hypnotic state simply increases this cataleptic condition, and there is nothing to be done but to bring the subject out of the hypnotic sleep. In the lethargic sleep, however, temporary catalepsy can be produced at the will of the hypnotizer, maintained as long as he sees fit, and then made to disappear. It may also be localized, so to speak, and some extraordinary results obtained. Thus, I have brought the last joint of a finger and that one nearest the hand into a sort of cataleptic condition, leaving the middle joint normal. If now I tell—suggest to—my subject that the affected joints are insensible



to pain, and that blood would not flow from a wound there inflicted, I can thrust needles through the flesh of those joints without pain to the subject, and no blood will flow, while the faintest prick of one of these needles on the middle joint will be attended by the usual sensation of pain and effusion of blood. Practically no trace of the wound remains after the subject is awakened, and no pain is felt, because I suggest to him that he shall not feel any on awakening. This principle of suggestion is what is available in hypnotism as a remedial agency. The diseases in which hypnotism is most useful and available are the various rheumatisms and rheumatic conditions, paralysis not dependent upon spinal lesions, nervous affections of the bladder, chronic affections, cephalalgic conditions, neuralgias, and so forth. It is particularly useful in dipsomania and morphine and cocaine cases. The method employed is practically the same in all cases. The hypnotic sleep once induced, it is suggested to the patient that in place of the disturbed nervous condition a quiet, healthy state shall exist. During the sleep this suggested healthy condition exists, and the suggestion that it shall continue to so exist after coming out of the hypnotic state prevails.

"Let me give you some examples: Ordinary rheumatism is usually easily cured, but no amount of suggestion will ever avail to remove chalky deposits in the joints, if such have been formed. However, even then skillful massage movements, with the added suggestion, will aid in having even these occasionally absorbed. I had a case of a nervous paralytic not long since who had used crutches for years and then progressed only by swinging his lower limbs bodily forward. I succeeded in throwing him into the hypnotic state, and while in that condition suggested to him that in five minutes he should stand up and walk across the room to his mother. He did so. I then suggested that he should thereafter persevere in this nervous state of ability to walk naturally. That man left me with his crutches under his arm, but you must recollect that in his case there was no organic injury of the spinal marrow, and his inability to walk was founded on a false nervous condition which the hypnotic suggestion could overcome by restoring the normal nervous state. In the case of confirmed drunkards, morphine and cocaine consumers the rationale of the treatment is similar. The hypnotic sleep is induced and it is then suggested to the hypnotized subject that he abhor either drink or his favorite drug, as the case may be. He actually does abhor it then. Then it is suggested that this abhorrence continue for some definite period. This is almost invariably successful. At the termination of the period assigned the subject is again thrown into hypnotic sleep and a longer period of abhorrence and ab-

stinence suggested. These periods are made longer and longer, the system recovers its natural tone, and finally a complete cure results.

"As you can see, we are in the infancy of the science. Its possibilities are immense for good where all else has failed.

"There are many charlatans and many who, with a little knowledge, are yet ignorant of the force they employ; but medicine passed through this same stage, and the time will come when hypnotism, properly understood and properly applied, will prove, perhaps, the grandest curative agency in the power of man to use—in certain cases. The hypnotizer is not a god, but a man, and his power is limited in well-defined bounds."

Extract from a four-column article in *The Germania Monthly Magazine of Chicago*, March 7, 1890:

#### EXPERIMENTS IN HYPNOTISM.

Who has read of the wonderful power of the hypnotist without feeling a desire to see this power exercised?

It is something mysterious and, being so, is extraordinarily attractive. We were, therefore, only too anxious to investigate when an opportunity presented itself. Shortly after the appearance of the last issue of this paper we chanced to receive an introduction to Dr. Carl Sextus, "Hypnotist." We had scarcely heard of the gentleman and his successful experiments in the above named subject when we sought and were successful in obtaining an interview with him. He is a Dane by birth, and has been in this country only a short time. We soon came to the conclusion that the doctor was a learned and, above all, a very conscientious man; and on leaving him we expressed a desire to see some experiments in hypnotism should he desire to accommodate us with an exhibition of his power over the minds of others.

We have since had the pleasure to be present at two private seances, given at his rooms for the benefit of the press, which was represented by the editor of *Germania* and reporters from the *Chicago Herald and Tribune*.

Extract from the *Religio-Philosophical Journal*, February 13, 1892:

#### CURES EFFECTED BY HYPNOTISM.

. . . The reference to Dr. A. A. Liebeault's work was suggested to me by some similar cures to those which he relates, made by a young Danish hypnotist now in Chicago. Hypnotism in its remedial

aspect is a matter of facts; so when they come directly under our eyes they naturally arouse an intenser interest than those read about. I believe that epilepsy is considered beyond the means of our orthodox medical schools; yet right before me I have such a case radically cured by the mentioned hypnotist, Mr. Carl Sextus. Fortunately I personally know Miss M. M., and can testify to the facts. For six years or more was she a victim to this dreaded disease. Until her perfect restoration (from early childhood) she was subject to the most frightful headaches, sometimes coming on every other day, sometimes lasting for a week. Over three years ago chance took her to one of Mr. Sextus' hypnotic exhibitions. In a few treatments she was cured; at least not having had the slightest relapse to the present.

Another case is that of Mr. E. M., a man of 57, very deaf and defective in the organs of speech. Besides this the right arm and leg were partially paralyzed. In seven treatments he was healed—medical treatment and massage both proving ineffectual.

Mrs. A. J., suffering from nervous diseases, and very rheumatic, was perfectly cured in about six treatments.

It is unnecessary to multiply cases. I simply desire to introduce him to the readers of the *Journal* as a man thoroughly worthy of their confidence, both in his specialty and as a man. As to what extent he is assisted by higher influences it is impossible for me to say; but if thorough honesty is a magnet for such powers, Mr. Sextus may be considered well attended. His power does not lie alone in hypnotic treatment, but is efficacious in the magnetic passes. A sledge-hammer is not necessary to repair a watch—so the gentle but effective passes and manipulation will suffice for lesser cases.

When, however, other means have failed and the patient is amenable to hypnotic influence, wonders can be expected which may be pronounced little less than miraculous. To such I heartily recommend Mr. Carl Sextus.

JOSEPH SINGER.

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From the *Progressive Thinker*, January 28, 1892 :

DR. SEXTUS.

Dr. Sextus gave some very pleasing experiments in hypnotism at the parlors of the *Progressive Thinker* a few evenings ago. They were similar to those of which we made a full report a few weeks ago. He has made many subjects in this city, and is doing a good work.

Extract from a four-column article in *Nordisk Folkeblad*, Chicago, February 23, 1890:

The editor of this paper has fresh in his mind all the wonderful experiments that have so frequently been spoken of in the Scandinavian, German, and American newspapers. It was with great interest he attended a private seance. Prof. Sextus had invited about one hundred ladies and gentlemen. He intended in this circle to show that he was deserving of all that had been said and written about him.

Those invited seated themselves in the hall. Mr. Sextus requested some of the young gentlemen present to come upon the platform and allow him to try his power and influence of controlling them. Immediately twelve young men stepped up and offered themselves, willing to let Mr. Sextus experiment with them if they were susceptible. They were each placed on a chair with their backs to the audience. A metal button was placed in the palm of each of their right hands, with directions to look intently on the point in the center, to keep their attention to it, and sit perfectly quiet. Then at a given signal from the hypnotist the orchestra played a very solemn melody.

Soon the hypnotist approached one of the young men, made some slow passes from his head down the center of his back and down his arms—with bent, outspread fingers, letting them slowly pass over the young man's body. The hypnotist's eyes, having a look of something supernatural in them, were concentrated on the subject.

A painful stillness spread over the audience which awaited, with impatience, what was going to happen. The orchestra continued to play the same melody. After about fifteen minutes' work the hypnotist had succeeded—five had gone to sleep—and the hypnotist had found his subjects.

The scenes that followed were beyond description—so wonderful did it seem to the audience. The subjects were perfectly powerless in the hypnotist's hands.

One was made to believe that it was raining very hard, and the sleeping man very carefully turned his pants up at the bottom to avoid getting them wet. The hypnotist then told him he had come to a big sea; he immediately pulled off his coat and vest, threw himself upon a table (that had been brought), and commenced to swim in the imaginary sea. Several scenes were very comical, especially when Mr. Sextus gave a subject a pillow, telling him it was a little child and that he was its nurse. With a loving embrace the subject took the pillow and unbuttoned his vest—intending to nurse it—at the same time singing

quite loudly, "Hush-a-bye, baby," etc., to it. A chair was handed to one of the subjects, the hypnotist telling him it was a very pretty young lady, and requesting the sleeping youth to kiss her right on her mouth. He kissed the back of the chair several times with a lover's fondness; then, lifting the chair up in his arms he began to waltz with his beloved, taking good care to keep time to the music, which was changed to a waltz for his benefit. In short, the subjects were powerless automata in the hypnotist's hands. The whole exhibition showed the sleepers that, instead of lying quietly in their beds, dreaming, they themselves performed the dreams in all their details. An act of sleep-walking followed, but without the painful aspects that generally occur at such scenes, and without any snoring sound whatever. It recalled to me Madame Ristori's loud snoring in the sleep-walking scene of "Macbeth," and I consequently expected to hear something similar; but in that I was mistaken. Instead of that the sleeping youths appeared to be perfectly happy, and they gave no signs whatever of anything unpleasant. There was no indication of any nervous twitchings of their muscles; their eyelids were lowered and a slight paleness prevailed. One thing I took particular notice of was: The hypnotist raised one of the subjects' head up and, pointing to the ceiling, said: "See what beautiful angels are up there in the skies! Listen! How lovely their music sounds!" and the sleeping youth's face took on a spiritual and clear expression; beseechingly he stretched both hands toward the imaginary angels. Surely he had never seen, in his normal condition, a more beautiful sight than this which the hypnotist now brought to his imagination. We must admit that the scenes were truly wonderful; yet still more wonderful experiments were performed later.

One of the subject's arm was stretched out, the hypnotist made some passes along the muscles, and it became as rigid and stiff as a piece of wood. Dr. Bockstrom, who was present, was now asked to hold a lighted candle to the subject's eyes. Dr. Bockstrom did as he was requested, without there being any twitching whatever or winking with the eyelids, something that would be impossible for any person in a waking condition; thus we had undeniable proofs of actually having somnambulism before us—and no fraud. The hypnotist now made it impossible for one of the subjects to remember his own name. Whenever Mr. Sextus stretched his hand toward the subject's forehead his knowledge of ever having had a name was completely gone; but, as soon as the operator took his hand away, the subject could not only remember his name but also write it down on paper.

Yet still more singular experiments were performed. Two subjects were placed standing up with their backs to each other. Then by making some magnetic passes down the subjects' heads they were as if glued together, and by no power from any of the audience could they take their heads away; then the hypnotist said: "In five minutes, not before, you can each take your head away" (the time was set by one of the audience). Watches were now brought out and the minutes counted. During this time the hypnotist was standing and quietly conversing with some of the gentlemen present, as unconcernedly as though he had nothing at all to do with the subjects. In exactly five minutes' time the two young men were able to take their heads apart; both subjects had, without knowing it, kept the time to the second. One subject was commanded to imitate everything the hypnotist did. With tight closed eyes, and unconscious, the subject stood with his back to the hypnotist imitating every motion and grimace the latter made, even to the expressions of pleasure or anger, without there being any connection whatever between the hypnotist and his subject. Yet another singular experiment followed. Shortly before waking one of the subjects he was commanded that, five minutes after awaking (the time again being set by one of the audience), he should tell the audience of having a severe headache in his right knee. The hypnotist then waked him up. Exactly five minutes afterward the subject said to Dr. Backstrom, who was still upon the platform, that he (the subject) felt splendid, only he had an awful headache in his right knee. This also was a proof of the subjects' obedience, even after being waked up—the suggestions' effects only leaving them when the hypnotist's orders were completed. The wonderful experiments were thus closed. I could scarcely have believed my own eyes if there had not been others present (and amongst them a number of physicians of a very high standing) to confirm these hypnotic and somnambulistic phenomena. Mr. Sextus will also here in Chicago, as in other towns, after his public seances, give hypnotic and magnetic treatments, the latter being treatment by manipulations without the hypnotic sleep, by which Mr. Sextus has cured a number of people. Mr. Carl Sextus is a young man who devotes his life and soul to his art, and who never avoids any trouble to show the public the best and most available in the line of study and work which he has adopted. I will not endeavor to explain the dim and mysterious in the so-called animal magnetism for the reason that the phenomena are too little understood, at present, even in the most intellectual circles; still long articles about Mr. Sextus have been published in the best and most prominent papers in England, Russia,

France, Germany, and the Scandinavian countries, where he has often appeared and made a great stir with his hypnotic experiments.

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Extract from a two-column article in the *Chicago Inter Ocean*, May 9, 1889:

A subject was found whose body was strong and robust if his will was not. The Professor made the heart of the subject beat fast or slow at will, Dr. Anderson testing the pulse. The pulsations were made to reach as high as 120 and as low as 66 to the minute. A bottle of ammonia was placed at his nose. He was told that it was cologne, and he inhaled the pungent odor with as much delight as if it were the odor of sweet violets. Several men in the audience thought the bottle contained something else besides ammonia. They put their noses to it, but withdrew them as quickly as if they had been burned. The Professor then made him smell of his own hand, telling him that it was a bottle of ammonia, and the subject showed all the signs of having inhaled the burning fumes of that liquid. The Professor then caused the subject's body to become perfectly rigid. His heels were placed on one chair and his head on another, with no support between them. Two men tried to bend the rigid body of the man by pressure upon his hips, but could not do so.

Two women were willing to become subjects. One of them was very slight and the other heavy. The former was made to pluck imaginary flowers and inhale their imaginary odors, to see imaginary angels in an imaginary heaven, and to catch an imaginary bird and smooth its ruffled, imaginary feathers.

But the fleshy woman furnished the fun. The Professor made her believe she was a little school girl, and she jumped the rope with a juvenility that was true to life. She also gave a tea-party on the stage to imaginary guests, and acted the hostess with all the charm of one of Chicago's "two hundred."

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Extract from *Chicago Daily Herald*, February 7, 1890:

THOUGHT HE WAS PRESIDENT—A SINGULARLY INTERESTING EXHIBITION OF A HYPNOTIST'S POWER.

A stalwart young butcher's apprentice walked into the *Herald's* local room last evening, inquired for the city editor, and announced himself as President Harrison. There was a slight glitter to his eyes, but his



face was expressionless and the features almost rigid. Taking two carrots from his overcoat he handed one to his host and put the other, small end foremost, between his lips just as a man would do with a cigar. Taking a box of matches from his pocket, he lighted one and proceeded to light his carrot. Almost immediately he relapsed into a trance, still standing as he was before; and his left arm gradually rose until it was at right angles and there remained. This condition lasted for over five and one-half minutes. In the meantime there had gathered about the hypnotic patient, for such the young man really was, Professor Carl Sextus, the hypnotist; Robert Lindblom, the well-known board of trade man; Howard Henderson, C. W. Fullerton, the lawyer, and Louis Pio, the Danish editor, and several others in the party who had set out from the hypnotist's house to follow the young butcher after he had been hypnotized, and instructed to do exactly as he did.

At the expiration of five and a half minutes, which was the time agreed on, the hypnotic trance state continued but the arm sank to the side, the patient seemed less rigid in his muscles, and his pulse, which had been thumping away at 124 beats to the minute, became more normal. The party accompanying the Professor was greatly interested in what they believe to be the most interesting and the least cultivated of all the branches of medical science and treatment.

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Extract from a four-column article in the *Progressive Thinker*, February 6, 1892, by Louis Pio, the well-known Danish editor:

"Here is a cup of coffee and a good cigar. When I awaken you, drink the coffee, light the cigar and walk home through the streets. Your legs will be all right hereafter, and you may dispense with your crutches," said Dr. Sextus.

It is a very common mistake to think that only nervous diseases can be cured through hypnotism. Now, certainly, the nervous form a large percentage of the human troubles in our time, but still the very nature of the hypnotic power shows that it may be possible to influence a sick person, even if his nerves are all right. If, as we have shown, the will of the hypnotist is sufficient to retard or quicken the pulse, to prevent or cause blisters, to cause pain to disappear and so on, it may also be possible, by a suitably worded command, to stop a local inflammation or the formation of a cancer; to cure indigestion; nay, even to conquer the all-prevailing corn. Think of it, ladies and gentlemen!

As soon as the hypnotizer is physician enough to know exactly what ails the patient, he can give the suggestion to the independent organs of the body and they will acknowledge his will as supreme and obey.

Where lies the limit, no one can tell; but it looks really as if much-troubled humanity had found the "Universal Remedy;" and why not?

What is hypnotism in this relation but using nature's own force to re-establish the natural pulsations and functions of life through the body?

The only seemingly unnatural thing is that this absolute power over the body of a man is not given to himself, but to another; but this state of things may, however, be changed by later discoveries. As it now stands, the new cure method may bring hope and realization of hope to many poor invalids whom the physicians have given up as incurable, or as marked victims of a near and painful death.

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Extract from a four-column article in the *Chicago Sunday Herald*, August 17, 1890:

#### HYPNOTISM.

This science is being very thoroughly investigated in Europe by such prominent scientists as Deleuze, Charcot, Beaunis, Bernheim, Baretty, Preyer, Gessmann and others who are striving to apply it to the treatment of nervous and mental diseases. It has been used for this purpose with great success abroad by the well-known Professor Carl Sextus, now of this city. He deserves more success than he has met with here, as he is a thorough master of this science, and is particularly adapted for its practice among those afflicted with above-mentioned complaints.

H. J. B.

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Extract from the *Daily Skandinaven*, February 23, 1889:

Carl Sextus, the hypnotist, delivered a public lecture upon Hypnotism, accompanied by experiments, at Aurora Turner Hall, on last Wednesday evening. The seance was witnessed by a large audience; and we venture to say that no one went away dissatisfied. Mr. Sextus received frequent and enthusiastic applause; and, finally, he had to appear after the seance was over. Those present were unanimous in the opinion that the seance was highly interesting in conduct and extremely brilliant in effects.

Extract from a seven-column article in the *Chicago Illustrated Ugeblad*, February 28, 1889:

I had both heard and read a good deal about Mr. Sextus before I met him, and I must confess that at the time I shook my head rather mistrustfully when I was told of his singular performances in other places. How surprised was I to find not a wizard, but a young man of pleasant countenance, winning manner, fluent speech and modest—perhaps a little too modest—appearance. Personally, he inspired confidence and sympathy; and there was in his smile something amiable, which promised, upon better acquaintance with him, an opportunity of getting nearer the secrets of his art. I therefore invited him to be my guest, and, by a private seance, to convince myself and some other infidels of the truth of his art, and he very willingly consented to my proposal. Dr. Carl Sextus is of medium height, his figure is powerful and well built, and signifies a strong constitution. His features are regular, inclined to be a little dark, but very healthy; his hair is black and his eyes are dark, intelligent and full of fire. His gaze has at times a piercing, sharp look—caused by frequent strain—but in the general conversation it only denotes life and good nature.


The seance began. "Now you are a rooster," and the subject crowed as proudly as though he was calling all the chickens in the morning. "Laugh! Sing! Smile!" were the commands, one after the other; and they were immediately obeyed.

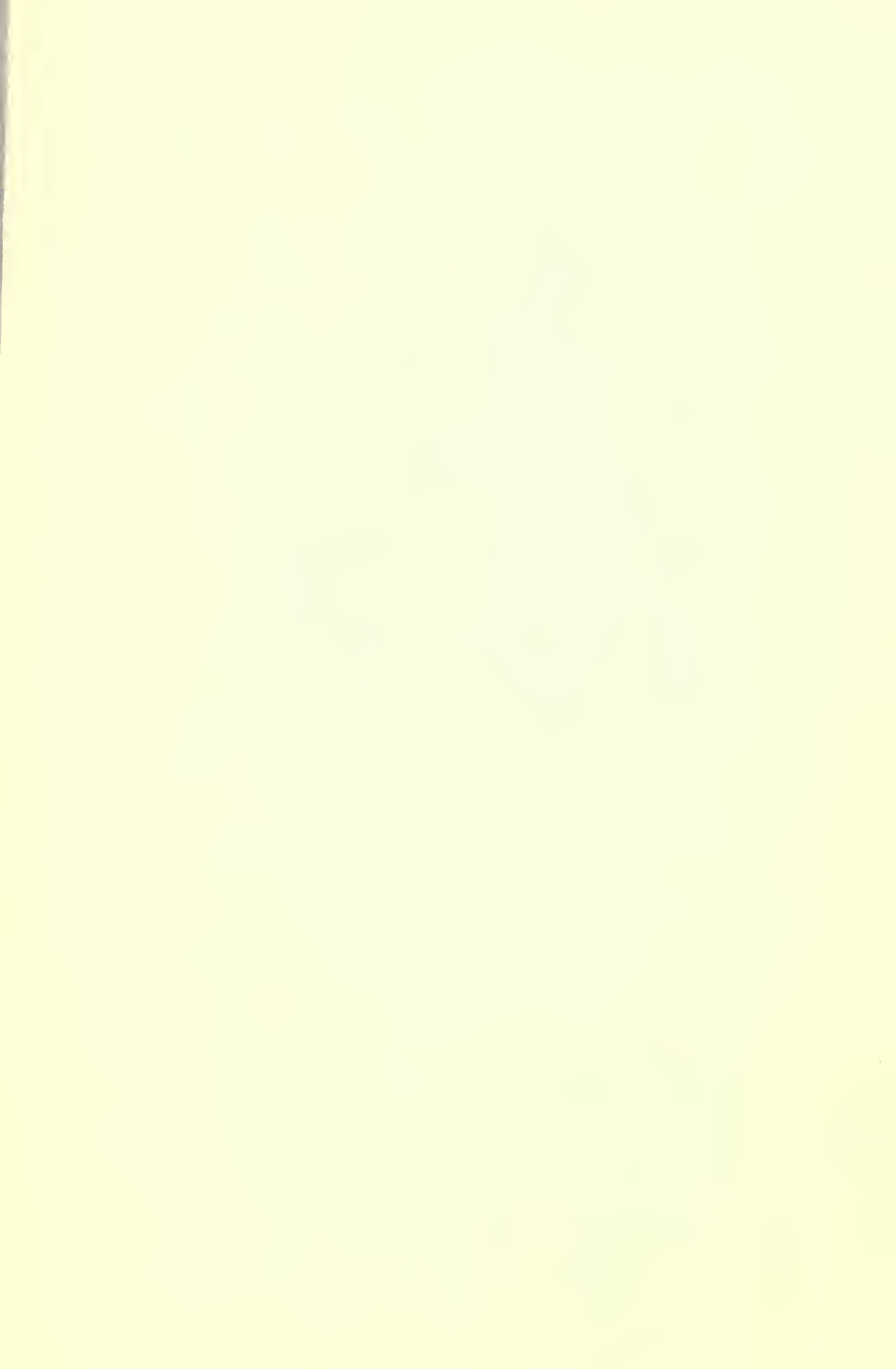
The intellect stands still. The mind gives itself up. We were conducted to reward the hypnotist with what you might call a petrified astonishment, that was pictured on our faces. The hypnotist's power cannot be described—it must be witnessed.

"That is a wonderful power you have," was the general remark to the hypnotist.

"Yes," he replied, "so it is. I do not quite understand it myself. I work, day by day, trying to unravel and get to the bottom of this secret, of which it seems I have found the key. I am convinced that I have, at least, crossed the threshold and discovered many new truths in this hitherto much neglected realm of science."

THE END.









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